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JULY, 2016
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"HIGH PRESHA!"
Page 2

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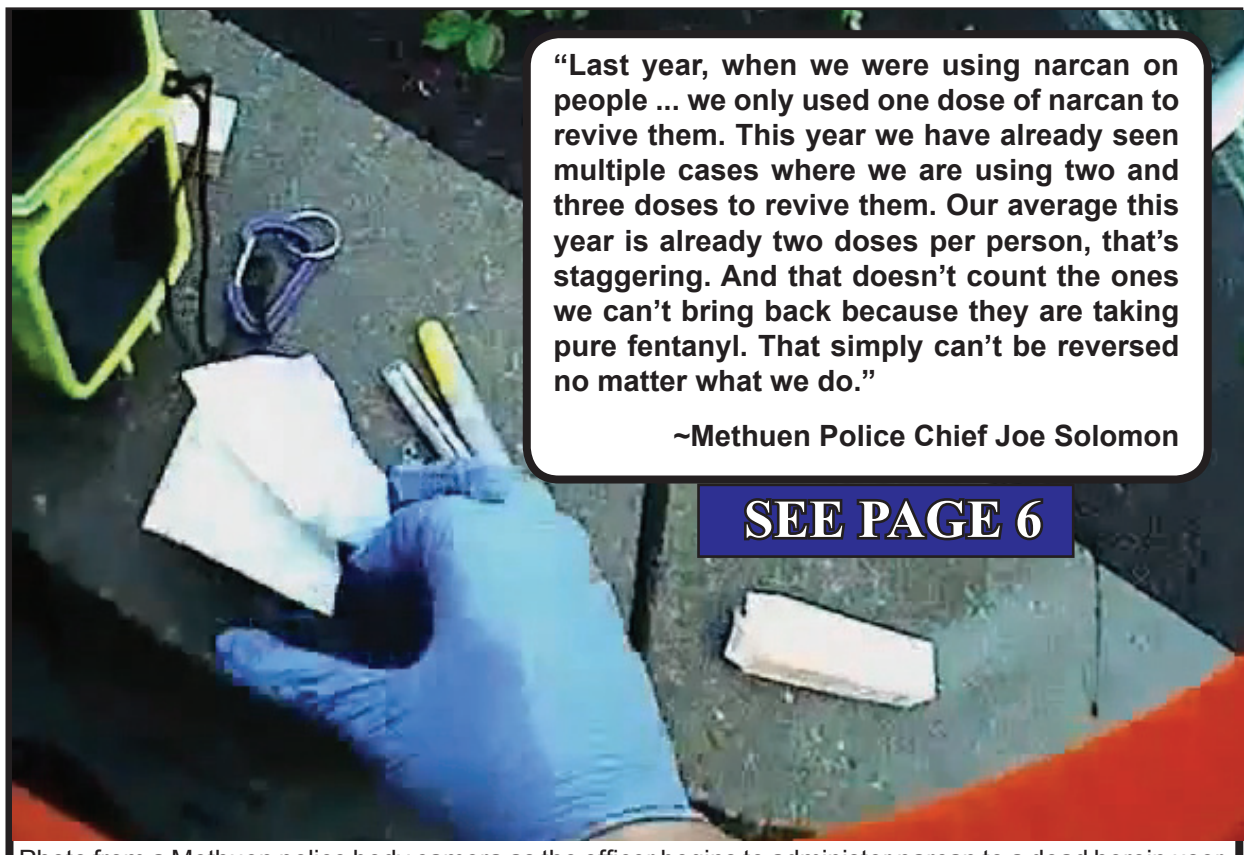
The Truth About Narcan



"Last year, when we were using narcan on people ... we only used one dose of narcan to revive them. This year we have already seen multiple cases where we are using two and three doses to revive them. Our average this year is already two doses per person, that's staggering. And that doesn't count the ones we can't bring back because they are taking pure fentanyl. That simply can't be reversed no matter what we do."

~Methuen Police Chief Joe Solomon

SEE PAGE 6

Photo from a Methuen police body camera as the officer begins to administer narcan to a dead heroin user.

INSIDE this edition!

Jeff Katz
Page 2

Veterans.....1, 12
Al Kaprielian.....2
Editorial/Letters.....3
Health.....5,6,21-23
Methuen.....5-7, 19
Duggan's Notebook.....8,9
Beach Activities 10,11
Lawrence/Haverhill.....12
The Andovers.....14
Culture War.....15
MA-New Hampshire.....18-19
Notebook Overflow.....19
Radio and TV 20
Lowell.....21
PETS.....24
Israel.....25
Religion.....26
Boomers.....27

Cindy Annis' Vinyl Vault ON WCAP
PAGE 20

Robin Desmet KITTY CORNER
PAGE 24

Dani Langevin
Lesbian Columnist
PAGE 15

Forest Rain
On Israel
PAGE 25

Real Estate Listings and Foreclosures from the Northern Essex Registry of Deeds: PAGES 28-31

REMEMBERING VIETNAM VETS

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

On Sunday, June 12th, American Legion Post 4 in Haverhill conducted a ceremony for the official Vietnam War Commemoration.

This national program was authorized by Congress, established under the Secretary of Defense and launched by the President in 2012. Each living veteran who served at any time on active duty in the U.S. Armed Forces, regardless of location from November 1, 1955 to May 15, 1975 is eligible to receive one Vietnam Veteran Lapel Pin. This program has the following objectives: to thank and honor Vietnam veterans and their families; highlight the service of our Armed Forces; to pay tribute to wartime contributions made at home by American citizens; to highlight the technology, science and medical advances made during the war and to recognize the contributions of our Allies. (Australia, New Zealand, Philippines, Republic of Korea and Thailand).

The Post 4 Auxiliary and Sons of the American Legion coordinated a pancake breakfast which was followed by a ceremony. Officials in attendance were State Representative Linda Dean Campbell, Dennis Marcello representing State Senator Ives, Haverhill Mayor James Fiorentini, Haverhill City Councilors John Mitchison, Bill Macek and Joe Bevilacqua, NH State Representative Norm Major, Haverhill/Groveland Veterans Service Officer Mike Ingham, Colonel Frank Magurn and CSM JP Ryan of the MA National Guard.American Legion Post Commanders from Groveland (Dave Tuttle) and Plaistow, NH (Dave Meaney) were present and part of the program.Approximately 50 veterans and their families were present for the event which was well received.

If you are interested in having your own event, visit the official website at:www.vietnamwar50th.com

It is unfortunate that some invited guests were not able to attend. Examples:Governor Baker, who responded but did not send a representative; Congresswoman Tsongas, whose office did not respond to several requests; MA Secretary of Veterans Affairs Urena, did not respond; Representatives Dempsey and DiZoglio did respond but had other commitments.The Eagle Tribune finally put in a small article 2 days before the event despite several emails with the event information. I want to thank those who did show up and/or respond to invitations.

There were veterans and family members from various parts of MA and NH.It has taken some time but, finally, they were given a WELCOME HOME!!!

And a THANK YOU for their service!!! And we cannot forget the sacrifices of their families. Nor will we forget the 58,239 who paid the ultimate sacrifice or the 2,338 still listed as Missing In Action.

As a follow up to the last few months, we need to stay focused on the upcoming November election. Remember, we will be voting not only for President but also for Congressional Representative in the respective Districts. Lots of words being spoken, be informed, check the facts; there are many ways to do so on the internet.

The national news continues to bring worrisome stories. One that I read in the last few days was a quote from the US Africa Commander, Lt. General Thomas D. Waldhauser, this was stated at a hearing with the US Senate Armed Services Committee. The General told lawmakers that he did not know of any strategy to defeat ISIS in Libya.

It is estimated that there are 5,000 – 8,000 ISIS fighters in Libya.I am not a military strategist but this seems pretty scary to me.

Another new report pointed out that a VA Hospital in Houston, TX altered records to hide lengthy patient waiting lists. Once again, those who have borne the cost of war now bear the burden of receiving much needed health care. As I keep saying, we all need to contact our Congressional delegation in both the House and the Senate to let them know what we think about this and any other areas of concern. I know I will continue to do so. I hope you will join me.

John Lenotte, Past Commander Post 4 Haverhill, Past Commander Department of Massachusetts.I may be reached at JohnLDistrict8@verizon.net

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The Proverbial Hobson's Choice

Jeff Katz
VALLEY PATRIOT COLUMNIST

The first time I voted in a Presidential election, I was able to vote with a completely clear conscience and with a degree of pride. I was young, but I was sure that my vote would count and that my choice would continue to work hard to strengthen America. I was too young to vote for Ronald Reagan when he first ran, but I was thrilled that my first ever vote for President was counted as part of returning him to The White House for a second term.

Since that time, I've dutifully voted every four years for someone to sit in The Oval Office. I happily voted for George H.W. Bush as he crushed Mike Dukakis and I supported Bush again as he lost to Bill Clinton. Each time I went in to help choose the leader of the free world, my enthusiasm lessened a bit more. With a hat tip to blues great B.B. King, the thrill, while not gone, was certainly shrinking.

With each succeeding election I found that I had to hold my nose more and more. I cast a ballot for Bob Dole but it was only because he was not Bill Clinton. I suppose I was swayed somewhat because I was an unabashed fan of his running mate, the late Jack Kemp. I always found Kemp to be a thinking man's conservative who seemed to understand that positive action and welcoming gestures were good when trying to build a longstanding political movement. It probably did not hurt that I had the opportunity to sit and sip a few fingers of Jack Daniels with Kemp backstage at a Republican Party event to which we were both speaking.

By 2000 I felt that I was done. I never entertained the thought of not voting for President, but I did cast, what was for me, the ultimate protest vote. I voted for Libertarian Party nominee Harry Browne. I don't think I ever imagined that he would win, but I hoped that he could figuratively grab some folks by the collars and shake some sense in to them.

I witnessed the brutality and ugliness of Islamist terrorists in 2001 and knew that for the sake of my family and my country I needed to support George W. Bush. I believe that this man rose to the occasion and worked tirelessly to keep our country safe. I felt a renewed sense of pride in my chosen political party, as well. The GOP, I was sure, would move towards the future. I could not have been more wrong.

Probably the most disingenuous U.S.

Senator of my lifetime, Arizona's John McCain somehow wound up as the nominee of my party. The other side was pitching vacuous phrases and offering the lightest of lightweights but McCain still could not pull it off. One more time, I had to grit my teeth and hold my nose as I voted.

Just four years ago, my team once again fielded a guy who "deserved" the nomination because he had stayed at the party the longest it seemed. I'd never really been a fan of Mitt Romney, but in comparison to America's junior varsity POTUS I stepped up to the plate and did what I needed to do.

Today I look at the major party candidates and all that I can do is shake my head. I suppose I could once again vote Libertarian to send a message but does the Libertarian Party's messenger have any better chance of moving in to 1600 Pennsylvania Avenue than I do?

Come November, I will vote for the candidate who will do the least lasting damage to my country. It is a far cry from the first time that I went in to the voting booth and enthusiastically voted for Ronald Reagan.

No I am not excited about the choices in front of me. Indeed, I am mortified and embarrassed but these are the menu options and a man's gotta eat.

Jeff Katz is a former police officer, and can be heard on iHeart radio. He won the Associated Press Award for Best Talk Show In Boston two years in a row, and is now an exclusive columnist for The Valley Patriot. You can email him at jeffkatzshow@aol.com

"WEATHER 101" WITH AL!

Summer Storms

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to July and the summer of 2016. YAYY!

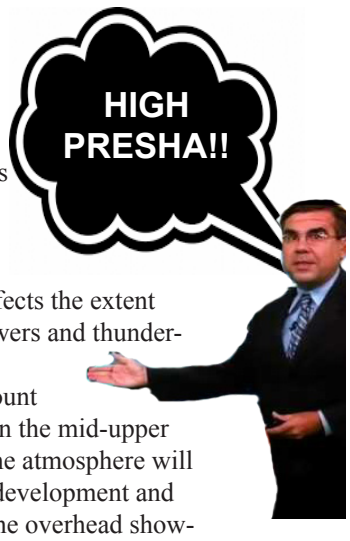
The month of July is considered to be the hottest month of the year. This occurs a month after the summer solstice. The summer solstice is the longest day of the year.

Time will tell if July is the hottest month this year. In some years, June or August can be hotter. Because of the upper level pattern (jet stream) we are experiencing very dry conditions and a moderate drought this year.

The jet stream has been taking a lot of the heavy rain to our south and west. Last month, we saw the dangerous flooding and damage caused by the flooding in West Virginia.

In the opposite, brush (wild fires) can occur due to a lack of rain. The difference in getting rain in the summer versus the other seasons is that not all areas receive the same amount of rain. One area of the country could get an inch of rain within a half hour while not too far away, little or no rain occurs.

This is why Meteorologists use the phrase "scattered showers" during the summer months. In the summer, scattered showers and thunderstorms can often occur with the approach and passage of a cold front. Also an upper level disturbance can cause scattered showers and thunderstorms to form. As a cold front approaches, showers and thunderstorms can occur.



What effects the extent of the showers and thunderstorms?

The amount of dry air in the mid-upper levels of the atmosphere will effect the development and extent of the overhead showers and thunderstorms.

How humid is the air mass?

The more humid the air mass, the more showers and thunderstorms can develop. Thunderstorms like to form in a hot and humid air mass.

Instability in the atmosphere?

The more instability in the atmosphere the greater the chance of thunderstorms. Instability occurs when the sun heats the ground and this warm (hot) air rises and meets with cooler air above.

This process causes clouds to form and as the process continues to get repeated the clouds grow and get larger. Eventually they become cumulonimbus clouds, the clouds that produce thunderstorms. A stable atmosphere, which is the opposite of an unstable atmosphere, occurs when

SUMMER: PAGE 9

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An Open Letter to Jew Haters Masquerading as "Peace Activists"

VALLEY PATRIOT EDITORIAL

Anti-Semitic, hate group Massachusetts Peace Action (MAPA) can hide behind the name "PEACE" (see below) but those of us who pay attention are not fooled.

Their goal is to masquerade as a civil and human rights organization (as many pro-terror groups do) in an effort to oppose any peace in Israel, as well as side with the Hamas propaganda about land disputes, settlements, and calling the wall protecting Jewish citizens an "apartheid wall."

Clearly their aim is to flip the WWII equatsion and paint the Jews of today as the new Nazis. They oppose funding for Israel. They oppose the U.S. arming Israel with defensive weapons, and they have never once opposed the efforts and actions of the Muslim terrorists in the so called "Palestinian Territories."

In fact, they make excuses for them.

They even opposed Massachusetts senators going to Israel to see the terror threat for themselves, fearing that their fantasy-land propaganda against Israel and the Jews would be discredited by the reality senators would see on the ground.

First, they tried to bully senators not to go. When that didn't work, they drummed up a fake charge against them, claiming they were engaged in "conflicts of interest" because the senate took a symbolic vote (supporting Israel) shortly thereafter.

There is no end to the depth of deception and trickery these so called "peace activists" will go to in order to demonize Israel and the Jews. Even going so far as to claim that being anti-Israel is not the same as being anti-Semitic. And while that might be true in some small, isolated cases, it's certainly not the case here.

MAPA is a vile, deceptive organization that supports the efforts of terrorists with their flowery language of human rights and the "peace movement". It is nothing more than modern day, real life, Nazi propaganda.

We saw this years ago when "Wheels of Justice" came to North Andover and Andover claiming to be "peace activists", oOnly to spout pro-terror, anti-semitic propaganda filled with denials of the holocaust and other racist claims.

Now, the head of MAPA, Cole Harrison, is upset that The Valley Patriot didn't use their language of deception while describing them in a story last month.

Yes, Mr. Harrison, I understand fully why the head of a Jew hating, anti semitic, pro-terror organization might take exception when someone like me publicly blows your cover and calls you out for what you are.

I also understand why you might think a letter to the editor using the same, tired, jew hating, pro-terrorist talking points about "peace" might be the right way to seduce even ONE of my readers.

But, you came to the wrong place.

Nobody is fooled.

Tom Duggan Publisher,
The Valley Patriot

"Peace Activists" Take Exception to Being Called out in VP Story

To the Editor:

In a recent article, Valley Patriot publisher Tom Duggan attacks Massachusetts Peace Action (MAPA) as an "anti-Semitic, pro-terror organization" that is "masquerading" as a peace group ("State Senator Barbara L'Italien's Trip Israel: Part II").

Duggan provides no evidence for these inflammatory accusations. But for the record, MAPA is an affiliate of Peace Action, the nation's largest grassroots peace organization. Peace Action began in 1957 as SANE (the Committee for a Sane Nuclear Policy). MAPA's current priorities include nuclear disarmament; ending wars and preventing new ones from starting; a foreign policy based on diplomacy rather than militarism, and a reduction in military spending so that increased funds are available for domestic needs. We advocate for an end to the illegal Israeli occupation of Palestinian lands and oppose U.S. aid, currently $3.1 billion a year and scheduled to increase, to the Israeli military while it is used to support Israel's violations of international law. We firmly oppose all forms of racism, including anti-Semitism, and we oppose terrorism whether committed by the weak or the strong.

MAPA complained to the State Ethics Commission because nine state senators accepted gifts of expensive overseas travel from a lobbying organization that advocates one-sidedly pro-Israel policies, and in the same month, adopted a one-sidedly pro-Israel resolution lobbied for by that same organization. Pointing out this conflict of interest is hardly terrorism, but an exercise in good government.

The Ethics Commission depends on citizen complaints - some thousand of which are submitted every year - to bring serious conflict of interest issues to its attention.

There can be legitimate differences of opinion about the merits of a particular complaint. In discussing such differences, however, one would expect the publisher of a reputable newspaper to set a tone of reasoned and respectful debate, rather than resort to baseless accusations and name-calling.

Cole Harrison
Executive Director
Massachusetts Peace Action

No Aircraft for Iran

To the Editor,

Boeing Co. recently cut a deal with Iran Air to sell it 100 Boeing 737s and 777s worth about $25 billion, which is a nice contract for Boeing and its employees.

Unfortunately Iran Air has used passenger and cargo planes to transport military equipment to Syria and other Middle East countries, and there is nothing to prevent them from continuing this practice. Some of the military shipments included materials for advanced weapons, and rockets and missiles. Furthermore, it is possible these planes could be used to move troops and could possibly be converted to bombers.

The U.S. could revoke the license to sell the aircraft if Iran violates the agreement, but Iran would have control of the previously delivered aircraft at that time.

Congress should not approve this contract. If it is approved, delivery of the aircraft should be stretched out over an extended number of years. Additionally, we should install back door disabling software in each aircraft which we can energize at our discretion.

Donald Moskowitz
Londonderry, NH

Editor, The Valley Patriot

This is in response to your interview with Senator Barbara L'Italien. I'm writing partly as a board member of Massachusetts Peace Action (MAPA), which you have characterized as an anti-Semitic hate group, and partly as an American Jew who started life in Vienna and, at the age of seven, became a refugee from the Nazis.

I do agree with Senator L'Italien that everyone has a right to travel wherever they wish—at least in theory, although there are always countries to which Americans are not allowed to go (e.g., for many years, China). The people who asked the ten senators not to go on this trip were concerned that it would be one-sided, and the itinerary indicates that time in the West Bank and contact with ordinary Palestinians was extremely limited at best. It's impossible to understand any conflict between or among groups of people if you don't spend a good deal of time with each of them.

The Palestinians are just as human as you or I or the Israelis. If some become violent it is because Israel controls their movements, their livelihoods, much of their daily lives. By far the largest majority are not violent, peaceably putting up with conditions that you or I would find intolerable. They aren't angels, but they're not born terrorists. My Jewish parents taught me that Jews are concerned with justice for everyone, not just for Jews; "everyone" includes the people whose ancestors were living in Palestine (then a province of the Ottoman Empire) when Jewish "pioneers" from Europe began to move there in the 19th century.

But I also want to respond to the Valley Patriot's labelling of MAPA. It's easy to fling around such labels as anti-Semite, racist, fascist, and so on. As far as I know, no one from the Valley Patriot has contacted MAPA to find out what we believe we're doing. One of the things we're trying to do is change the U.S. policy of arming Israel to the teeth with the latest weaponry and giving it political cover no matter what it does. Some of us think a different policy would, in the long run, be better for Israel too.

It is not anti-Semitic to criticize Israel. When we criticize it, it is not because Israel is Jewish but because of what it does. Many Israelis are also critical of their government's policies and actions. Are they all anti-Semites too?

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Disparity in Health Care Costs and Services

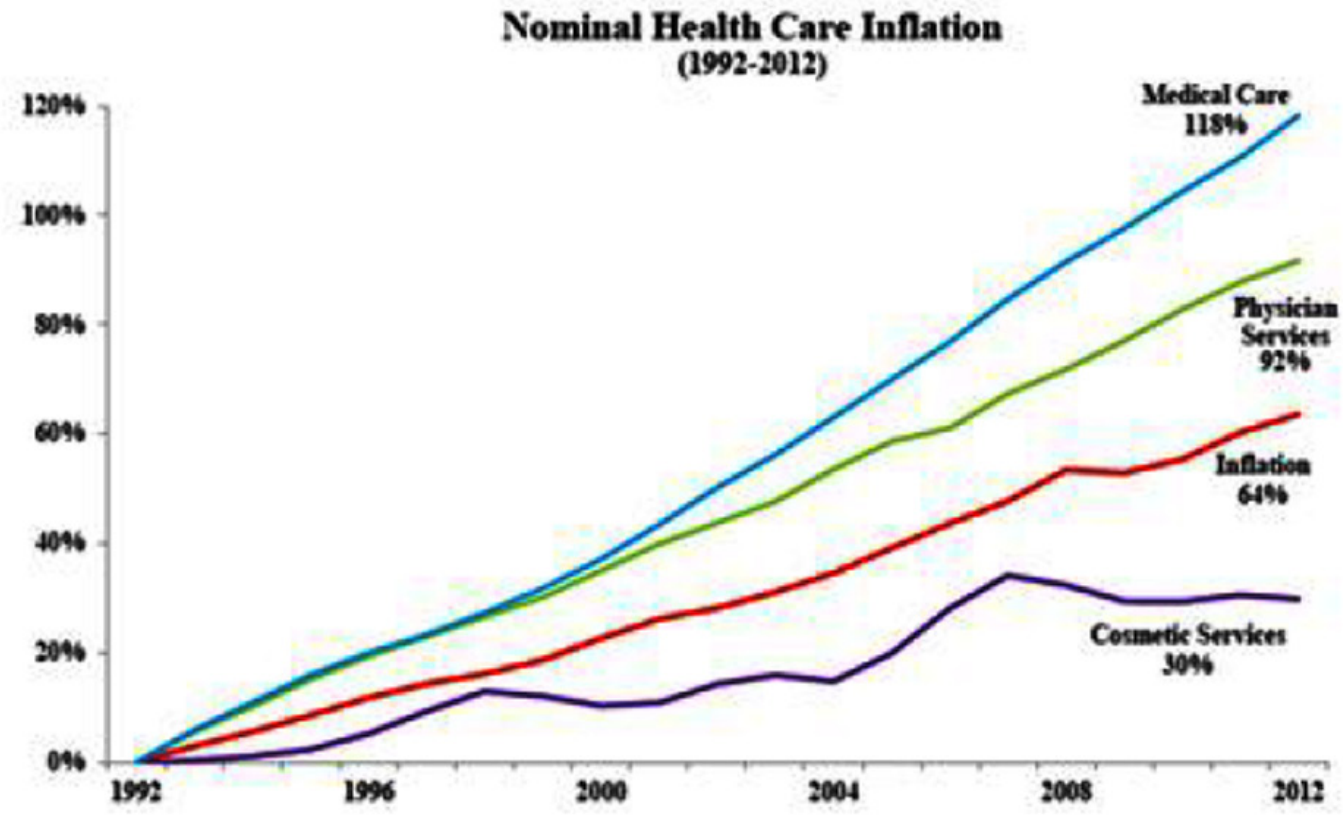
Lenny Mirra
STATE REPRESENTATIVE

Here's why you should care, and care A LOT, about health care costs:

Massachusetts has the highest health-care costs in the world. No place else spends what we spend per capita on health care and it affects every part of our lives. We're in the process of writing our next state budget and health care will devour about half of our state's $40 billion budget. This will crowd out all other spending on roads, bridges, schools, veterans, seniors, colleges and universities. In the private sector these high costs will prevent small businesses from giving raises and bonuses, or prevent them from expanding and hiring more workers. It may even preclude companies from coming here in the first place.

There are dozens of reasons why our costs are so high including such things as malpractice laws, obesity, drugs, violence, immigration, and the inefficiencies created by government regulations. One could also make the case that our spending is so high, in part, because we're a wealthy state in a wealthy country, so we therefore have a lot of people willing and able to spend a lot on health care including such things as cosmetic surgery and dentistry.

Speaking of cosmetic surgery, it's interesting and telling that it has not gone up in cost nearly as much as other health care, as this chart on Nominal Health Care Inflation shows.



The blue line on top shows that medical care has gone up 118% from 1992 to 2012, while overall inflation has only gone up about half as much at 64%. Meanwhile, cosmetic services have gone up at a remarkably low rate of just 30%. I was astounded to learn this and took this chart to people who work in the field of cosmetic surgery to ask why their costs haven't gone up like other medical costs and their responses were stunningly obvious and clear. In short, people who get cosmetic surgery have to pay for it out of pocket, so they search for the best value for their dollar, just like everything else we buy. This forces providers in this industry to really keep an eye on costs and, at the same time, provide good service. When medical service is paid by "someone else" like an insurance company or government then the patient, or customer, doesn't care what the cost is. In fact he probably doesn't even know.

DISPARITY IN HEALTH CARE SERVICES

Fittingly, a hot topic right now is the huge disparity in certain health care services. For instance, in central Massachusetts the price of arthroscopic knee surgery can range in price from about $3,000 to over $20,000. The price of a hip replacement can vary by over 300%, from $17,000 to over $73,0000. Even the price of something as routine as an MRI of the knee can range from $322 to as much as $4,008. These price variations exist even though there is no discernible benefit or advantage to seeking the higher priced care. Study after study shows that the outcomes in our lower priced community hospitals are similar to those in our expensive teaching hospitals.

Speaking of those higher priced teaching hospitals, Partners Healthcare was created in 1994 with the merger of Massachusetts General Hospital and Brigham and Women's Hospital.

Since then they've acquired several more area hospitals and now, since they have such a huge market share, every health insurance plan needs to include them in their network, despite the exorbitant prices they charge, because insurance buyers will insist on it.

Clearly what needs to happen is that choices in health care services need to be made by consumers who are armed with all appropriate information, which is something we're working on with increased transparency in hospital costs. But transparency alone won't lead to more economical choices so long as "someone else" is paying the bills.

The medical industry sort of reminds me of where the taxi industry was just a few years ago before companies like Uber and Lyft came in and "disrupted" the market.

HEALTH CARE: PAGE 19

Proposed Methuen Budget Is Unfair To Schools

D.J. DEEB
METHUEN SCHOOL COMMITTEE

June proved to be a volatile month for both the City of Methuen budget and the Methuen Public Schools budget. Even though Mayor Steve Zanni proposed increasing the city budget by 6.25%, he initially proposed level-funding the schools. Faced with nearly $3 Million in new Federal Special Education mandates, level-funding would have meant over 54 layoffs of school employees plus the institution of user fees for students who participate in sports and other extracurricular activities. The Methuen School Committee proposed a 3% increase over last year's budget in order to level-fund current services. More than 300 parents, teachers, students, and community members turned out in support of the school committee's proposed budget by attending school committee and city council budget meetings during the month of June. I am grateful for this show of support and for the approval of the school budget by the city council.

Last year, the city council approved an operating budget for the city of $70,928,966, without education. The mayor was proposing a Fiscal Year 2017 Budget without education of $75,360,525. This was a 6.25% increase over last year's budget. The schools were asking for just 3% to help cover the new Federal and State Special Education mandates of $3 Million. We have no control over these mandates. If we do not follow them, we open up our school district to the possibility of receivership by the state and the city to millions of dollars in fines for non-compliance; this could greatly increase the property tax burden on homeowners and would have other disastrous consequences to our city. Even with this funding, our schools still have to cut over $1 Million from the school operating budget. The school committee and superintendent are willing to do this in the spirit of fiscal responsibility and cooperation in order to ensure that all of our city services and public safety are fully funded. Let's not forget that our property values are largely determined by the conditions of our schools. We want Methuen to continue to be a community that young families desire to live in and move into.

In considering the Methuen school's budget, the following facts taken from the Department of Elementary and Secondary Education regarding Methuen schools should be noted:

- Bottom 15% of districts for total per pupil expenditure
- Bottom 9% of districts for per pupil expenditure for administration
- Bottom 38% of districts for per pupil expenditure for guidance and school psychologists
- Bottom 34% of districts for per pupil expenditure for classroom teachers and specialist teachers
- Bottom 5% for per pupil expenditure for instructional materials, equipment, and technology
- Bottom 20% for per pupil expenditure for operations and maintenance
- Bottom 23% for per pupil expenditure for other teaching services

I understand the difficult choices that our city council members were faced with in approving a budget for this coming fiscal year and I appreciate the support that Councilors Lynn Vidler, Jen Kannan, Tom Ciulla, Lisa Ferry, and Jim Jajuga have given to our school system. I also appreciate the fact that Councilors Ron Marsan, George Kazanjian, and Jamie Atkinson were reluctant to approve taking $2.5 Million out of the City Stabilization Fund to fund the school budget and their opposition to the mayor's 6.25% increase in the Operational City Budget. I share their concern that depleting the Stabilization Fund would have been fiscally irresponsible for our city. Luckily, an additional $466,000 in Medicare reimbursements will prevent the depletion of the Stabilization Fund along with an anticipated addition of $810,000 more into the Stabilization Account in fiscal year 2017. Having said this, the city really needs to address its spending problem in order to avoid a future fiscal crisis. A 6.25% n on-Educational Operational Budget increase is too much. The current levels of spending in our city are not sustainable in the future. I proposed nearly $1.7 Million in cuts to the mayor

and city council for the FY 2017 budget following the mayor's asking for suggestions. These were intended to be a starting point for further discussion and would have minimized the property tax increases and prevented most of the reduction in the Stabilization Fund. Rather than give any of these cuts in increases consideration, the mayor chose to pit city departments against one another. This is truly unfortunate. We should all be working together to move our city forward. A 3% increase in the overall city budget would have been fair and responsible. A 3% increase in the city budget (instead of the 6.25% increase that was approved) would have ensured that all of our City Departments (Schools, Police, Fire, DPW, etc.) were adequately funded, collective bargaining obligations met, and the Stabilization Fund left intact in order to maintain our bond rating and cover emergency costs.

Methuen has a spending problem, not a

METHUEN: PAGE 25

Chief Talks Openly About Downsides of Narcan

Tom Duggan
VALLEY PATRIOT PUBLISHER

From talking to police chiefs all over The Valley, it's become increasingly clear that use of the new drug narcan is causing some unintended consequences. Narcan is a drug administered to someone who has died of a heroin overdose and brings them back to life.

While most police chiefs refused to speak on the record about the downfalls of using narcan, almost all of the chiefs we talked to agreed that there are some serious issues arising from the use of the revolutionary new drug.

WHY SAVE DRUG ADDICTS?

One chief, Joe Solomon of Methuen, agreed to talk on the record about some of the downsides to using narcan.

"First, I want to make clear that I support the use of narcan, but yes, if you want me to be honest on the record, yes, there have been some serious downsides." Solomon admitted.

"Before we get into that, I do want to address something that has been bothering me. The argument that I hear from skeptics or critics of the narcan is that we are giving people a second chance who, maybe don't deserve it. Or, that we are saving people who do nothing but create pain and suffering for the people around them, especially their families. I sympathize with that, I do. I understand where they are coming from. But, I prefer to look at it a little differently."

"I say, if someone is obese because they don't eat right, don't exercise, and they have a heart attack, we would certainly do CPR on that person. If a guy is drunk driving and gets thrown from the car, even if he just killed two people, would we still do everything in our power to save his life? Of course we would. The average person needs to understand that our job is not to decide who is worthy and not worthy of saving. We are emergency responders; cops, firefighters, EMT's, our job is to save lives. So, with the Narcan, we are doing that regardless of whether people think the lives we are saving are somehow less worthy of our efforts. I really wish more people would think about that before taking the other point of view."

UNFORTUNATE DRAWBACKS

"One of the unfortunate things we are seeing is that some of these addicts are carrying narcan themselves, and they use it, but they won't go for treatment. If they are administering narcan themselves, or having a friend or family member administer it, they just keep using drugs and don't get the help they need. Two months ago we found someone had overdosed in the parking lot of the Holy Family, right behind the emergency room."

"Six months ago we had four people narcanned ... we had two guys who overdosed, in the produce aisle, and two others overdosing in a parking lot at the same time. So, I don't think the use of narcan is stopping overdoses, or even lowering them, according to what we are seeing every day on the street. But I say the same thing about narcan that I say about body cameras. The narcan is not solving the problem. It's only one additional tool."

"If you want to get to the root of the problem, you have to address the over-prescribing of legal drugs, which is leading to heroin use. When you combine that with the constant flow of heroin in this area it's a recipe for disaster. Lawrence, and the whole Merrimack Valley, gets together every Wednesday and try to tackle this problem. Lawrence is making 100 arrests a month just with the users and dealers. The arrests are not slowing down; the overdoses are not slowing down. We are just putting a band-aid on the problem."

"Also, now, you can get pills that look like Vicodin or Percocet, are shaped the same, with the same stamp on them, but are 100% Fentanyl. Those are overdoses we just can't stop. Anyone who takes these pills dies instantly. We've seen a number of those in Methuen over the last few months."

"The Fentanyl is so cheap to manufacture in Mexico, that it's cheaper for them to sell 100% Fentanyl than the heroin itself."

STAGGERING STATS

According to police records, in 2015 the Methuen Police used narcan on 132 people who overdosed. Four of them died.

As of June 20, 2016 Methuen Police have used narcan on 65 people. Meaning Methuen is now on pace to have 15 or 20 more overdoses than last year. Of the 65 people Methuen officials used narcanon so far in 2016, three have died.

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As of June 20, 2016 Methuen Police have used Narcan on 65 people. Meaning they are now on pace to have 15 or 20 more overdoses than last year.

Of the 65 people Methuen officials used narcan on so far in 2016, three have died.

"So, we are on track to have six deaths this year. That's a 15% jump in overdose deaths. So, yeah, it's not slowing down deaths, it's not slowing down drug use, in fact the problem is getting worse. A lot worse."

~ METHUEN POLICE CHIEF JOE SOLOMON

"And there are still six months to go in 2016," Solomon added. "So, we are on track to have six deaths this year. That's a 15% jump in overdose deaths. So, yeah, it's not slowing down deaths, it's not slowing down drug use, in fact the problem is getting worse. A lot worse."

MORE MULTIPLE DOSES NEEDED

"When you look at those numbers in a small city like Methuen, it's pretty bad. But, let me tell you the difference between this year and last year ... and why those numbers are even worse than they seem."

"Last year when we were using narcan on people, for the large majority of those addicts we only used one dose of narcan to revive them. This year we have already seen multiple cases where we are using two and three doses to revive them. That's because the Fentanyl is so much more potent. Our average this year is already two doses per person, that's staggering. And that doesn't count the ones we can't bring back because they are taking pure fentanyl. That simply can't be reversed no matter what we do."

A DRAIN ON RESOURCES

Chief Solomon says that every officer in Methuen is trained on how to use narcan and there are at least two doses in every cruiser. Solomon also says that if the trend continues his department will have to spend a lot more money to stock three or four doses in each car.

Methuen police pay for the narcan doses out of their own budget, something that the chief says is starting to put a burden on Methuen taxpayers. He says that the department had to pay for six officers to be trained as instructors by the Department of Public Health, so that those officers could train the rest of his department at a lower cost.

"It's not just the immediate costs of the drug and the training that's stretching our resources, just think about the man hours we are spending on people who have already overdosed and been narcanned several times before. When you look at 132 cases of narcan use last year, take into account that you have at least two police officers responding to each of those calls. Those officers spend anywhere from 30-45 minutes administering the narcan, getting them to the hospital, doing the paperwork, plus the fire department also responds, the officer on scene has to go to the hospital and works with our civilian clinician who also has to go to the hospital to work with the overdose patient."

"Now, Tom, this will blow people's minds. Not including the 132 people we have used narcan on, the hospitals have taken in over 400 individuals who were actively using, and we've placed 110 of them in treatment. The rest chose not to get treatment. Now, think of the man hours that takes away from us being able to respond to other calls. It's very taxing on the department, and from the looks of things it's only going to get worse. Our police officers, on top of everything else they have to do every day, are now becoming semi-medical professionals."

NARCAN IS NO SOLUTION

"I want to say again, I fully support the use of narcan. I know we have saved many lives with it. I also think that if we can't be honest about some of the negative consequences we are seeing on the streets and address those immediately, the problem is only going to get worse. That doesn't benefit anyone."

"Some people, especially politicians think they are solving the problem by making narcan available or helping get the price down. They aren't solving anything. This is a temporary, emergency tool, just like a band-aid."

"In order to get to a real solution they need to find a way to put these dealers away for life. They also need to stop the over-prescribing of narcotics that get people hooked in the first place. Far too many people start using heroin because they were over prescribed a narcotic by their doctor and are now addicted to a medication that does nothing for their pain. Once they realize that heroin is a thousand times cheaper than the medication their doctors prescribed, they become users and become hooked."

"From there, it becomes fentanyl and then death. For far too many people we are only delaying the inevitable."

TUTORING

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Pancakes and Politics

The Methuen Democratic City Committee hosted their Annual Pancake Breakfast and Straw Poll on Saturday morning June 18, 2016 at the Methuen Senior Center. Tickets sold out and approximately 250 people attended for the Straw Poll and the opportunity to hear from local and statewide officials and candidates. Supporters enthusiastically held signs on Lowell Street before the event for their candidates.

Congresswoman U.S. Representative Niki Tsongas of Lowell was the keynote speaker, followed by the Mayor of Methuen Stephen Zanni, Governor's Councillor Eileen Duff of Gloucester, First Essex State Senator Kathleen Ives of Newburyport and her challenger from Haverhill Adele Martino, 15th Essex State Representative Linda Dean Campbell of Methuen, and 14th Essex State Representative Diana DiZoglio of Methuen and her challenger Phyllis Jones of North Andover. All six Democratic candidates for the open seat of Essex County Sheriff also gave speeches including: William Castro of Methuen, Michael Marks and Kevin Coppinger both from Lynn, Ed O'Reilly of Wenham, Jerry Robito of Lawrence, and Paul Russell of Andover.

The Essex County Sheriff Straw Poll winner was Jerry Robito with 82 votes, Kevin Coppinger next with 39 votes, Paul Russell 31 votes, Michael Marks 22 votes, Ed O'Reilly 16 votes, and William Castro 13 votes. First Essex State Senate Straw Poll winner was Senator Kathleen Ives with 180 votes, and 13 votes were received for challenger Adele Martino. The 14th Essex State Representative Straw Poll winner was Representative Diana DiZoglio with 187 votes, and 15 votes received for challenger Phyllis Jones. The 15th Essex State Representative Straw Poll winner was Representative Linda Dean Campbell with 188 votes, and 6 votes received for challenger Christopher Katsoulis.

Rep. Linda Dean Campbell also presented a citation to members of the Selimiye Mosque on Oakland Ave.nue in Methuen and invited mosque leaders and the state delegation on stage to honor their hard work in making the Oakland Avenue community safer and cleaner, and for fostering peace and community outreach.

Local unions attended the breakfast including tables hosted by the Methuen Firefighters Union, Methuen Police Patrolmen's Union Local 394, the Methuen Police Superior Officers Union Local 17, and IBEW Local 103 Electricians' Union .

Chairwoman Jessica Finocchiaro said, "At the breakfast people were asking us 'How can I help, how can I join?' which was so rewarding to our committee, because that's what the Methuen Democratic City Committee is all about--helping to elect Democrats who will stand up for the residents of Methuen."

The Methuen Democratic City Committee works and organizes to foster and advance the goals of the Democratic party. We always welcome new members and encourages political participation on every level. For more information contact the Chair Jessica Finocchiaro at methuendems@gmail.com or "Like" them on Facebook at www.facebook.com/MethuenDems

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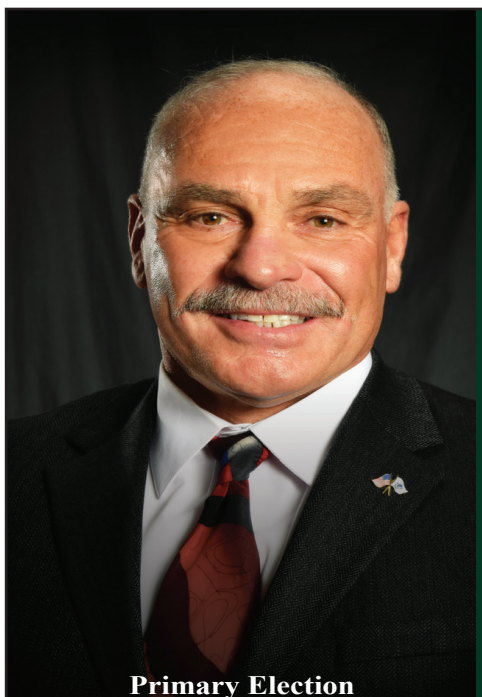

Jerry Robito
Democrat for Sheriff

In over 100 years, Essex County has not had a sheriff that has worked their way up the Sheriff's Department ranks.

The qualifications and requirements of a sheriff should be about **experience in corrections**, not political connections.

Please visit my website **RobitoforSheriff.com** and my social media pages for much more information.

Thank you.
- *Jerry*

Robito for SHERIFF
RobitoforSheriff.com

Primary Election
September 8, 2016

General Election
November 8, 2016

TOM DUGGAN'S NOTEBOOK

Reggie Autumn Craft & Vendor Fair to be held on Saturday, October 29, 2016 at Greater Lawrence Technical School Andover, MA. We are looking for interested crafters and vendors interested in participating inthefair. Spaces are $25.00. For more information and an application please contact SOuellette@glts.net or CLewis@glts.net.

OVERHEARD: At a recent high school scholarship night in Lawrence I overheard a conversation that I just HAD to pass along. At the end of the evening, after all the scholarships had been given out, a student approaches one of the scholarship presenters: GIRL: "Excuse me, can I ask you why my name is spelled wrong on my scholarship certificate?" PRESENTER: Because that's the way you spelled it on the form you filled out to get the scholarship" PRICELESS!

SCANNELL'S STORY ON METHUEN SCHOOL BUDGET

Methuen School Superintendent has completely fallen apart in the last few years. Last month she claimed her budget was being 'cut" by $1M, when the reality is it was being increased... just not being increased as much as she wanted. So, Scannell decided to engage in scare tactics by dishonestly claiming teachers would *have* to be laid off if she didn't get the money she wanted, to keep her bloated budget... well... bloated. What's worse is that school committee members who should know better were seduced by the superintendent's talking points and demanded that the city council and the mayor deplete the rainy day fund to give Scannell the money she wanted. It was a shameful display given how much money the superintendent and her high priced education "professionals" are raking in from your tax dollars. Next month I am going to be publishing the enormous Warren Buffet type paychecks that "educators" in the Methuen schools are making and I think when you see how much money is being wasted in the Methuen Schools you will wonder why Scannell said with a straight face that teachers "needed" to be cut because there was just no place else in the budget that could be trimmed.

ZANNI LEAVES THE BANK EMPTY

While I have to admit that Mayor Zanni has been a very good mayor for the City of Methuen over the last five years, his appeasement of the school committee and superintendent last month leaves the city's rainy day fund at ZERO. That means if it rains next year, there's no money in the reserve funds. If there's a flood or a major state budget shortfall the savings account is empty. Also, having enough money in reserves is what has given Methuen a very high bond and credit rating, which is sure to go down over the next two years. I'm hoping a man as brilliant with numbers as Mayor Zanni can find a way to replace the rainy day fund before he leaves office, but with declining state revenues and a strong opposition to proposition 2 1/2 overrides in Methuen it's going to be nearly impossible. OH just wait until you see those school payroll numbers... I think you are going to be SHOCKED that Mayor Zanni capitulated to the school committee when you see how much money they spend on salaries. SHOCKED I SAY!

A CROWDED SHERIFF'S RACE

In the coming weeks The Valley Patriot will be holding at least two debates in the race for Essex County Sheriff. We are also going to be highlighting the candidates in next month's edition, as well as exposing some of the campaign shenanigans going on in that race. In the mean time, Republican candidate Ann Manning Martin was endorsed by the Methuen Republican City Committee over Methuen native Jim Jajuga Jr.. The Methuen Democrat City Committee endorsed Jerry Robito of Lawrence. The Valley Patriot has spoken to most of the candidates in this race and will be spending a lot of time educating voters about the candidates before the September 8th primary.

BY THE WAY SEPTEMBER 8TH IS ELECTION DAY

Yeah... I don't know who changed election day from Tuesday the 6th to Thursday the 8th but whoever made that decision just ensured a lower turnout than the usual abysmally low turnout. Races to be decided in the primary are: The Dizoglio/ Jonses race for state rep., the Katy Ives race for state senate (I have no idea who is running against her since they never once reached out to us).

RIVERA'S CENSORSHIP - Last month Lawrence Mayor Dan Rivera posted a video about gun control spouting the Democrat party's lie about guns. So, given that he is an elected official and works for us, I posted a comment urging him to stop advocating gun control when he has so many other things to do running the City of Lawrence. After all, if there's any place on the planet where the citizens need guns to protect themselves, it's LAWRENCE. So, I was surprised to see that Rivera, instead of responding to my comment and defending his gun grabbing position, decided instead to censor my comments within seconds of me posting it. When I asked him privately why he would do such a thing, he responded that he wanted "only positive comments" on his page. This proves that Rivera is not only against the second amendment, but also against the first. So much for transparency !. It makes you wonder if things in Lawrence are really going as well as his administration pretends it is. It also makes you wonder if he is surrounding himself with "yes men" if he is so averse to hearing views he doesn't agree with.

METHUEN MAYOR'S RACE 2017

It's clear that consummate candidate, City Councilor Jim Jajuga Sr. is running for mayor next year. Mayor Zanni is termed out and cannot run again, meaning a new mayor for the people of Methuen. Names being bantered about as Zanni's replacement include Councilor Tom Ciulla, Ron Marsan and Jen Kannan. But who can beat Jim Jajuga? A look at last year's city council race shows that Jen Kannan got more votes than Jajuga in the city council race (though they were both elected) despite the fact that most people thought Jajuga would top the ticket. One thing for sure, Jajuga is the presumptive front runner going into next year's local race and the people of Methuen cannot let that happen.

WARREN'S VOTE AGAINST GUN BACKGROUND CHECKS - U.S. Senator Elizabeth Warren likes to talk a good game when it comes to demanding federal background checks for anyone wanting to buy a gun. She even threw herself on the floor of the capital with other lawmakers and tried to relive the 60's with a "sit-in" that would make any kindergarten child green with envy. But, when Senate republicans proposed background checks for gun purchases, Senator Warren voted NO. She voted ... NO ... because Republicans proposed the measure and would get credit for it. Now, I'm sure that Warren has a great story of "deniability" as to why she had to vote NO on background checks for gun purchases after throwing a temper tantrum and accusing anyone who disagrees with her of wanting more children to be killed.

But, the fact is, if Senator Warren cared more about this country and the issues she espouses, she wouldn't care that Republicans would get credit for proposing the bill, she would have voted YES. Seems to me our senator cares more about scoring political points and creating fake political theater than solving any real problems. Can you BELIEVE she voted ...NO!??

FREDDIE SAYS

Whenever some idiot says 'is it hot enough for you?'
... I bite them.

Freddie Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
978-557-8601

POOR GARY JOHNSON - Libertarian candidate for president, Gary Johnson has long held that drugs should be legal. He has said on numerous occasions that "prohibition kills". So, I was surprised to hear Mr. Johnson say on CNN that he would not legalize heroin. Let me scratch my head a second. If Johnson believes that prohibition kills, why does he want to kill more people by prohibiting heroin? It seems to me if he can't square one of his main platform issues, he shouldn't be running for president .

THE FBI AND SNOOPING YOUR BROWSER HISTORY

Last month the Congress came one vote shy of giving the FBI the legal right to snoop through the browser history on your computer and even your phone without a warrant. Yeah.... the same hyper partisan legislators who kick and scream about the NSA not being able to get the metadata from your emails and phone calls just voted

NOTEBOOK: NEXT PAGE

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against letting the FBI snoop even further... by ONE Vote. Putting aside the hypocrisy of it all for a minute, how scary is it that our government was one vote away from allowing everywhere you go on line to be stored in a government database? Yet the mainstream media reported everything from an alligator attack to ducklings being saved by a cop in New Mexico without sounding the alarm bells to the American people that our internet privacy was in jeopardy? You need to email your congressman and senator immediately and tell them to never support an invasion of your internet privacy or you will "actively campaign against them". For the record, Senator Elizabeth Warren voted against letting the FBI get your browser information without a warrant.

MILAGROS RETURNS FROM "VACATION" IN THE FEDERAL PEN

Yes, Milagros Dominguez, AKA Dirma Espada, AKA Milagros Mattias, AKA Milagros Espada, AKA Dirma Mattias has returned to Spanish Language radio saying she is back from "vacation" in the Dominican Republic. But, Milagros was not "on vacation" nor was she in the Dominican Republic. She was in Federal prison after being convicted of using 15 fake names and social security numbers to commit Medicare fraud. Now, Milagros, the convicted felon, former campaign worker for Willie Lantigua and former illegal alien, is running one of her relatives against Marcos Devers for State Rep. She was seen last month at a HiIspanic Week parade wearing a Mattias T-Shirt. This woman has no shame at all. Worse, are those who listen to her show and believe anything she says.

ORLANDO VIGIL TAINTED BY REMEMBERANCE FOR THE TERRORIST

Last month several "churches" in the Merrimack Valley sponsored a vigil for the victims of the Muslim Terrorist attack in an Orlando night club. Lawrence Mayor Dan Rivera raised the rainbow flag, (symbolizing everyone but straight people). Different self identified "religious" leaders spoke of the lives lost and prayed for the victims of such a vicious attack on innocent civilians. But, at the end of the vigil something happened that stunned me. As each person read names of the victims of the Islamic attack, one reverend read the final group of names on the victim list and finished with "and in accord with my religion ... Omar Mateen". For the record that's the Islamic terrorist who killed all of those innocent people. I was outraged. But, surprisingly, I was the only one. After the ceremony I asked several attendees if they heard what the reverend said, and if they had a problem with it. Not one person I talked to had any problem with it at all. In fact several people made excuses for it and said they not only didn't object but they agreed with what the reverend did. WOW! The people of this country are so morally confused that they can't even see why it's wrong to commemorate the life of a mass murderer while at a ceremony for his victims. I think it was shameful and a slap in the face to the victims of the Islamic terror attack. It was also a slap in the face to gay people who are targeted for death every day simply because they don't conform to the fascist, anti-gay, Islamic ideology.

B-STEET BOMBERS SUMMER SCHEDULE

JULY

Sunday, July 17th (7pm) Hampton Beach Seashell Stage. Wednesday, July 27th (6pm) Plaistow NH Town Common

AUGUST

Tuesday, August 2nd (6pm) Sunset Lake, Braintree MA *New for 2016!*

Wednesday, August 3rd (7pm) Newburyport's Yankee Homecoming

Thursday, August 11th (6pm) Field Of Dreams, Salem NH

Saturday, August 13 (6:30pm) *Old Home Day, Belmont NH *New for 2016!*

SIGN WARS - NOBODY CARES

Every election year there are shenanigans with candidates' political signs getting stolen or vandalized. And every year the candidates whose signs get stolen or vandalized make a federal case of complaining about their opponents stealing their signs. Newsflash: the voters don't want to hear it. Candidates for office should have a sign coordinator who is not only in charge of getting signs put up but also should have extra signs ready to go when lawn signs are stolen or vandalized. When the voters hear candidates complaining about signs, only one word comes to mind... petty.

SPEAKING OF SIGNS - The one thing I do want to hear about is when campaign signs are illegally placed on public property, abandoned buildings, and state highways or off ramps. If anyone sees campaign signs illegally placed, please take a photo and send it to me.

FILM AND JAZZ FESTIVAL: Saturday, August 27th 3pm - 10pm - FREE - Ferrus Park - 1 Island Street, Lawrence MA. An afternoon and evening of Jazz, presented by Movimiento Pro Cultura. At sundown, the 1st Annual Short Film Festival will feature short films about or featuring Lawrence.

SANCTUARY CITIES FOR GUN OWNERS - The way I see it, if a city or town can be declared a sanctuary city and refuse to comply with, or cooperate with federal laws and federal officials, when it comes to arresting and deporting criminal illegal aliens, then so too can cities and towns refuse to comply with federal gun

NOTEBOOK: PAGE 26

LARE Institute Grads Share Inspiring Stories

All eyes were on the sky as a plane circled overhead at the LARE Institute graduation celebration on June 16th. Students started snapping pictures of the message it was carrying, "Congrats 2016 LARE Grads! #WOW!Magic!"

That was the kickoff for the celebration. Students were fitted for caps and gowns, lined up in order of their programs of study, and "Pomp and Circumstance" began to play. More than 100 students proudly marched in, waving to family members, smiling at friends, as they made their way to the front of the tent.

The graduation, held at LARE Institute's Andover location, featured four students speakers with varying stories of how they arrived at LARE Institute, but all with the same ending; that they left LARE with a job and a second family in the colleagues and fellow students of the school.

"LARE is like home," said student speaker Denise Moses. "They let you know that once you're a part of LARE, you're always a part of LARE."

Denise, who is now working as a CNA and a Home Health Aide, arrived at the school seeking her HiSET, formerly known as GED. She had dropped out of high school to pursue a boxing career, and though that career had flourished, she found herself wanting more.

She told her fellow graduates that though she had been turned down by many schools that told her she wasn't smart enough to earn her HiSET, she persevered. She enrolled at LARE and passed with a perfect score. She's now enrolled in LPN preparation courses with the goal of becoming an RN.

Another student speaker, Marva Gooding, shared about of her years of work in administrative positions before a layoff made her take another look at her skill set. She decided to bolster it by enrolling in LARE's MS Office program. During her time in the program, she lost her only son. "It devastated me," she said.

But like Denise, she persevered. With the support from her LARE family, she was able to continue her education. "They reached out to encourage and gently nudge me forward," she said. Marva is now working as a Client Advocate at Learn Your Options.

Tanysha Hughes, another student speaker, arrived at LARE after what she described as "the worst year of my life." She enrolled in the Medical Assisting program, in search of a better future for herself and her three boys .

"Let your kids be your motivation and inspiration as to why you will succeed and accomplish your goals," she told her fellow graduates. Tanysha earned three certifications while at LARE and is now working as a Certified Medical Assistant in Methuen.

Michael Gary was the only other tudent to speak at the graduation. The 52-year-old single father told of how he had come from a time when people worked for one company their entire lives. After graduating from high school in 1980, he started working for a local food service vendor. Twenty-one years later, they closed.

He moved on to a local yogurt plant, working there for 14 years before it, too, closed. He decided he needed a change in careers and enrolled in LARE's Pharmacy Technician program. "I had a family to support, 17 weeks of classes, and 6 weeks of externship," he said. "I told myself, 'I can do this'."

He juggled his Dad duties with homework, paying the bills, making dinner, and folding the laundry, and ultimately earned his certification and a job offer at the end of his externship. He's now working at Preferred Pharmacy Solutions as a Certified Pharmacy Technician.

"We are never too old to take on risks and learn new things," he said to the crowd.

Vice President and Director of LARE Institute Sheryl Scannell and her colleagues beamed as they looked out over the sea of familiar faces. "Witnessing the students celebrate their accomplish-

LARE: PAGE 11

SUMMER: FROM PAGE 2

there is warm air aloft above cooler air near the ground. This stable atmosphere does not allow thunderstorms to form or if there are strong thunderstorms that move into this stable atmosphere, they can quickly weaken.

An example of this is the sea breeze along coastal areas. The sea breeze cools the air nearer the ground while warmer air is above. This causes a stable atmosphere. Thunderstorms have trouble sustaining themselves when they move into this stable environment.

Thunderstorms like to form in a warm (hot) unstable environment. In an unstable environment, cooler air is above and warm humid air is located nearer the ground. Remember, warm air is lighter, less dense and as a result, it rises.

Cool air is heavier, more dense and as a result it sinks, as colder, more dense air likes to be below the less heavy warmer air. This scenario is a stable environment.

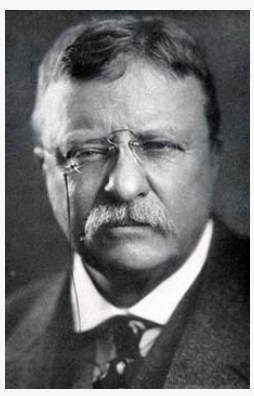
When the atmosphere becomes unstable, there is a lack of balance and the atmosphere is not happy. As a result of this, strong to severe thunderstorms can occur. Also, for severe storms to form we need strong winds in the upper atmosphere changing direction with height (shear).

With higher shear values this can cause severe thunderstorms to develop causing strong damaging winds. These damaging winds can cause trees or tree branches to fall on power lines causing power outages.

When there is the potential for severe thunderstorms to occur, a severe thunderstorm watch will go into effect for a given county. When severe thunderstorms occur, a severe thunderstorm warning will go out. This same logic is for a tornado watch versus warning. When thunderstorms occur, you should get inside a sturdy building (home) and away from the windows.

Email your weather questions to Al, (he loves to hear from his readers!).

EMAIL: 7al61@comcast.net



"During the thousand years that included the careers of the Frankish soldier and the Polish king, the Christians of Asia and Africa proved unable to wage successful war with the Moslem conquerors; and in consequence Christianity practically vanished from the two continents; and today nobody can find in them any "social values" whatever, in the sense in which we use the words, so far as the sphere of Mohammedan influence. There are such "social values" today in Europe, America, and Australia only because during those thousand years the Christians of Europe possessed the warlike power to do what the Christians of Asia and Africa had failed to do – that is, to beat back the Moslem invader."

– Theodore "Teddy" Roosevelt

26th President of the United States

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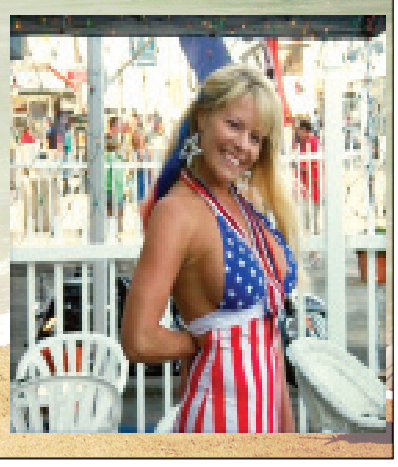

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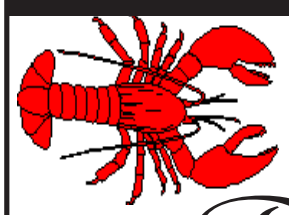

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SUMMER BEACH NOTEBOOK AND EVENTS

SPLASH SALISBURY TO HOST OUR SECOND SECRET SUMMER BASH!

Yes, kids it's true... The Valley Patriot is going to be holding our second annual "secret summer bash" in August and our friend Jeff the owner of SPLASH SALISBURY has agreed to host our little event at his nightclub again this year. Now for those of you who attend our annual charity BASH in March... this is nothing like that. There will be no speeches, no awards, no ceremony, just a good time at SPLASH and the first drink is ON ME! We will announce the August date in the next edition, so keep an eye out for it. We will also post it on our Facebook page. We also have every intention to invade UNCLE EDDIE'S for an after party that is sure to spill out on to the beach after last call. This is a fun event, it doesn't cost anything and as always ... SHHHH it's a secret!

CHANGE OF TIMES FOR SALISBURY LIFEGUARDS - The Valley Patriot learned last week that the state has changed the hours for lifeguards on the beach this summer. Our sources at the state house say that instead of having lifeguards arrive on the beach at 9AM to workout and get physically fit for the day, they will be arriving on the beach at 10AM with no scheduled workout. The good news is that the lifeguards will be on the beach until 6PM instead of 5pm. The bad news is they will be less physically fit to perform emergency rescues. I'm not sure what state officials are thinking but the first time someone gets hurt because of the lack of physical training by Salisbury lifeguards I'm going to personally hold state officials responsible for whatever tragedy occurs.

SALISBURY EVENTS

Fri, Jul 8th, 7PMClassic Cars + Doo Wop

Sat, Jul 9th at 7:30 PM, James Montgomery Concert + Fireworks

Fri, Jul 15th at 7PM, Classic Cars + Doo Wop

Sat, Jul 16th at 7:30 PMDan Lawson Concert + Fireworks

Fri, Jul 22nd 7PMClassic Cars + Doo Wop

Sat, Jul 23rd at 7:30 PMLisa Love Concert + Fireworks

Fri, Jul 29th at 7pm PMClassic Cars + Doo Wop

Fri, Jul 29th at 8PM, Buffett Beach Blast Blue Ocean Event Center,

Sat, Jul 30th at 7:30 PM, Joshua Tree Concert + Fireworks

Fri, Aug 5th at 7PM, Classic Cars + Doo Wop

Sat, Aug 6th at 7:30 PM, Aerochix Concert + Fireworks

Fri, Aug 12th at 7PM, Classic Cars + Doo Wop

Sat, Aug 13th at 7:30 PMDomenic Marte Concert + Fireworks

Fri, Aug 19th at 7PM, Classic Cars + Doo Wop

Sat, Aug 20th at 7:30 PM, Freevolt Concert + Fireworks

NEWBURYPORT EVENTS

Music in Market Square- Brought to you by The Greater Newburyport Chamber of Commerce and Industry

July 7, 21, 28 & August 11, 25 6p-8p Live acoustic music with different performance each week. Participating retailers will be open late and offering a promotion in their shop.

Waterfront Movie Series

Sponsored by Chase & Lunt

Movies begin at dusk

August 10 – Willy Wonka & The Chocolate Factory

August 17th – Aladdin

August 24th – Inside Out

Cruisin' the 50's – Hosted by WNBP AM 1450 – FM 106.1 and The Chamber - Thursday Aug 18th Rain date Aug 25. Over 200 cars displayed through the downtown streets.

Riverfront Music Festival – Saturday September 3rd. Hosted by River 92.5 Line up announced end of July.

Savor Newburyport

Kick off outdoor event September 22nd with a 10 day celebration of restaurant week. www.savornewburyport.co

FIREHOUSE CENTER FOR THE ARTS

This Ain't Yo Mama's A Cappella Group! A cappella all stars THE HOUSE JACKS, of "The Sing-Off" and "Pitch Perfect" fame, hit the Firehouse stage on Sunday, July 17th at 7pm.

July 23rd at 8pm, The Mystix, A roots Supergroup featuring the impeccable musicianship

July 30th at 8pm. A Musical Shoals Music Review with Amy Black Band. A celebration of music out of Alabama in the 60's and 70's.

August 12th at 8pm Athene Wilson & Friends.

Fri, Aug 26th at 7PM, Classic Cars + Doo Wop

Sat, Aug 27th at 2PM, The Ramble

Fri, Sep 2nd at 7PM, Classic Cars + Doo Wop

HAMPTON BEACH

Sea Shell Stage (no charge):

Friday, July 8th: The Reminisants – Oldies – www.reminisants.com

Saturday, July 9th: 195th Army Rock Band: 5 Star

Sunday, July 10th: Living on a Bad Name – Bon Jovi Tribute Band

Monday, July 11th: All Summer Long – Beach Boys Tribute Band – www.allsummerlongband.com

Tuesday, July 12th: The Reminisants – Oldies – www.reminisants.com

Wednesday, July 13th: Kings Row – Oldies – Kings Row Facebook Page

Thursday, July 14th: The Creekside Band – Country – Creekside Band Facebook Page

Friday, July 15th: Neurotic Gumbo – Classic Rock – Neurotic Gumbo's Facebook Page

Saturday, July 16th: Neurotic Gumbo – Classic Rock – Neurotic Gumbo's Facebook Page

Sunday, July 17th: B Street Bombers – Pop, Rock and Soul – B Street Bombers Website

Monday, July 18th: The Bel Airs – Doo Wop and Oldies – http://thebelairsonline.com/

Tuesday, July 19th: New Legacy Swing Band – Swing – http://www.newlegacyswingband.com/

Wednesday, July 20th: The Continentals – music from the 50-80's – www.the-continentals.com

Thursday, July 21th: Martin and Kelly – Country – http://www.martin-kellymusic.com/

Friday, July 22nd: The Reminisants – Oldies – www.reminisants.com

Saturday, July 23rd: Rico Barr and the Jumping Jive Review – Swing – http://ricobarr.com/

Sunday, July 24th: IAN BLACK Band – Rock Music

Monday, July 25th: Bobby G

Tuesday, July 26th: Music On & Up Showcase featuring p.o.p. Alert

Wednesday, July 27th: American Idol Finalist Ayla Brown – Country – http://www.aylabrown.com

Thursday, July 28th: Fried Cactus – Country

Friday, July 29th: Brandy – Pop Music

Saturday, July 30th: The Voice

Sunday, July 31st: The Reminisants – Oldies – www.reminisants.com

Monday, August 1st: Eastern Sound Orchestra – Polka

Tuesday, August 2nd: HELP – Beatles tribute Band – HELP's Website

Wednesday, August 3rd: The Continentals – music from the 50-80's – www.the-continentals.com

Thursday, August 4th: Angela West and Showdown – Country

Friday, August 5th: The Nevers – Brass Band

Saturday, August 6th: Soulmate – Motown, Soul, Funk – http://www.thesoulmateband.com

Sunday, August 7th: Wooden Nickels

Monday, August 8th: The Reminisants – Oldies – www.reminisants.com

HAMPTON FREE EVENTS

THE NEW ENGLAND CLASSIC BEACH VOLLEYBALL TOURNAMENT

July 9th, 8am - 6pm 170 Ocean Boulevard, Hampton Beach, NHOn the beach Event Organized By: Spike University Volleyball Facebook: http://www.spikeu.org/ Phone Number: 603-801-3923

July 11th, MONDAY NIGHT MOVIES ON THE BEACH! (All Day: Monday) EST Route 1A, Hampton, NH, USAOn the beach across from the Playground. Event Organized By: Hampton Beach Village District

July 13th, FIREWORKS

9:30 pm EST 169 Ocean BoulevardOn the beach, between B and C Streets

July 16th THE NEW ENGLAND SUMMER SLAM BEACH VOLLEYBALL TOURNAMENT - 8am - 8pm 170 Ocean Boulevard, Hampton Beach, NHOn the beach. Event Organized By: Spike University Volleyball. Facebook: https://www.facebook.com/SpikeUBeachVolleyball

Phone Number: 603-801-3923

July 18th, MONDAY NIGHT MOVIES ON THE BEACH! (All Day: Monday) EST Route 1A, Hampton, NH, USAOn the beach across from the Playground.Event Organized By: Hampton Beach Village District

July 20th FIREWORKS

9:30 pm EST 169 Ocean BoulevardOn the beach, between B and C Streets

July 25th MONDAY NIGHT MOVIES ON THE BEACH! (All Day: Monday) EST Route 1A, Hampton, NH, USAOn the beach across from the Playground. Event Organized By: Hampton Beach Village District

July 27th, FIREWORKS 9:30 pm EST 169 Ocean BoulevardOn the beach, between B and C Streets

July 28th, WATER SAFETY DAY, 11am - 4pm, 169 Ocean BoulevardIn front of the Seashell Stage on the Sand. Phone Number: 603-926-8717

July 30th, LITTLE MISS HAMPTON BEACH PAGEANT. 2pm - 5pm EST Ocean Blvd, Hampton, NH, USASeashell Stage. Event Organized By: Stephanie Rose Lussier. Phone Number: 603-512-5257

July 31st HAMPTON BEACH WRESTLING TOURNAMENT 10:30am EST 170 Ocean Boulevard, Hampton, NHOn the beach.

July 31st MISS HAMPTON BEACH PAGEANT - 2pm - 5pm EST Ocean Blvd, Hampton, NH, USASeashell Stage. Phone Number: 603-512-5257

LARE FROM PAGE 9

ments with their families and friends was a rewarding experience for me and all the LARE colleagues," said Scannell.

Before they presented students with their certificates, American Training President and CEO Tom Connors addressed the crowd. He told them to have an attitude of gratitude and to value, highly value their families, friends, and faith. He closed congratulating them on their accomplishments. "When you're looking in the mirror," he said, "see someone who is proud."

To learn more about LARE Institute, visit americantraininginc.com/groups/lare-institute or call 978-685-2151, ext. 6710.

KATHY'S LAWRENCE NOTEBOOK

Fabricated Drama on the Lawrence City Council

Kathy Runge
LAWRENCE COLUMNIST

The soap operas have nothing on the Lawrence City Council. The meetings are filled with fabricated drama.

The Budget Drama : During the first meeting to consider the budget, Councilor Maldonado said that because 95% of the residents of the city are low income, catering to middle class wishes, such as public safety, amounted to catering to "special interest" groups. Yes, middle class people, you are a special interest group whose needs should not be a priority. Can we have your tax money please?

While residents of surrounding towns are struggling to decide which services to cut, Councilors Maldonado, Almonte and DePena are complaining because our budget has money for more police and money to keep a recently reopened fire station open. This is catering to "middle class" wants and is raising our taxes. I throw the other twocouncilors in the group with Maldonado because they voted against the budget at that meeting, with no public comment, so one must assume Councilor Maldonado spoke for them.

The vote was 5- 3, with the aforementioned councilors voting against and Councilor Alvarez-Rodriguez absent due to health issues. The budget needs 6 votes to pass, so another meeting was scheduled in two weeks time.

At the next meeting, the budget finally passed 6-2. Councilor DePena flipped his vote, giving as much reason for his change of heart as he did for his original vote. He never explains his votes or provides any input at all. Believe me, the whole budget drama was planned from day one.

The Haverhill Street Drama : See last month's column if you need some background on this story. A measure regarding the Haverhill Street property partially owned by Councilor Reyes was finally discussed at the regular Council meeting of June 7th. Councilor Maldonado repeatedly restated unsubstantiated rumors and "perceptions". Councilor Almonte had issues with the entire situation being a "huge conflict of interest"."

Almonte asked for the details of the private sale, something she could look up on her city provided IPad in about 3 minutes. She accused the city departments of favoritism toward Councilor Reyes since the Inspectional Services Department responded quickly to address safety issues with the property and to give citations.

It was decided that they would request the city attorney and building commissioner to attend the next meeting.

Almonte said she "couldn't wait" for the interviews to occur and "I hope they have more answers because I'm going to have a ton of more questions." President Vasquez voted against further discussion as the council has no authority on building code issues. Almonte replied that he didn't know what the questions were, but she did.

Almonte vowed to get to the bottom of the issue, which she said would amount to "pulling teeth."

At the next meeting, Housing Committee Chair Jeovanny Rodriguez made a motion to take the document off of the table. There was no second. Not a peep from the three amigos. The motion failed. After a stunned silence, Councilor Abdoo stated he would be in favor of taking the item off the table, so he made a motion and they had a redo. This time Councilor Maldonado seconded it. Whew, what drama!

No one was in any hurry to question Building Commissioner Blanchette, so he summarized the events. All seemed to be in order.

Councilor Maldonado was confused as to how this document ever came about. Wasn't he there? He was confused as to why there were only three members on the Housing Committee. Mr. Maldonado, the reason is that Councilor Alvarez-Rodriguez said she would only take the time to serve on two committees if she were chair of the second one.

Maldonado asked if the building was going to be demolished and who was going to pay for it. When the answer came that the owners would pay for any demolishing, Maldonado said "OK, simple" and that was that. Almonte said nothing, zip, nada. She must have left her dental instruments at home along with those "tons of questions."

The Absurd Conduct Drama : Almonte still regularly wants special treatment at the meetings, constantly speaking out of order. She wanted to speak at public participation at a recent meeting but didn't sign up for it. Council President Vasquez reminded her of this necessity, which is common knowledge, and instead of respecting the decision, she Almonte argued about it.

She threatens to have spectators thrown out of meetings for being amused by her antics. Does she think we can't see that certain councilors are just trying to disrupt the meetings?

At a recent meeting, Councilor Almonte voted against adjournment yet again, forcing a roll call. She was the only no vote. While all of the other councilors were seated, she was standing up with possessions in hand, moving toward the exit as they took the roll call.

We need a constable in attendance at these meetings to maintain order. I could use a little less drama!

IN YOUR CORNER WITH SENATOR KATY IVES

Veteran Employment and Housing Security

Kathleen O'Connor Ives
MASSACHUSETTS STATE SENATOR

The Massachusetts Senate unanimously approved omnibus veterans' legislation in June known as the Veterans H.O.M.E. Act.

Senate Bill 2325, "An Act Relative to Housing, Operations, Military Service, and Enrichment," seeks to improve housing and employment opportunities for military veterans and their families.

The bill allows municipalities to offer property tax exemptions to surviving spouses of any soldier, sailor, or member of the National Guard or veteran who suffered an injury or illness during active duty service which was the proximate cause of their death, or to any service member who is missing in action with a presumptive finding of death. The state will reimburse cities and towns for the amount of the property tax which otherwise would have been collected for this exemption. Military veterans who have a 100 percent disability rating for service-related blindness will also be granted property tax exemption.

Veterans have too often been priced-out of our communities. That is why I filed a successful amendment which instructs the newly established Office of Veterans' Homes and Housing to conduct a feasibility study on providing housing rental cost relief to qualified veterans by offering a tax rebate to landlords who lease a dwelling unit to a veteran who receives Chapter 115 veterans benefits, or his or her family, at a rate below fair market value. This would create incentives for landlords to reduce rental prices so veterans can live where they want to live.

Veterans would also be given preference in public housing for the elderly and persons with disabilities in all communities in the Commonwealth, not only the community in which the veteran resides. Housing authorities would also be required to exclude amounts of disability compensation paid to veterans by the federal government for a service-connected disability in excess of $1,800 for the purpose of computing the rent of a disabled veteran who is not able to work.

The term "veteran status" would also be added as a protected class under the statute prohibiting discrimination in employment. In addition, cities and towns would be allowed to appoint a veterans' agent for terms of up to three years with the option of reappointment, rather than the current system which requires municipalities to appoint a veterans' agent annually every April. Veterans' agents are important members of Massachusetts communities that help over 300,000 veterans residing in the Commonwealth navigate the many state and federal programs and services for veterans.

Senate Bill 2325 would also grant all individuals employed by the Commonwealth of Massachusetts who are members of the armed forces reserves and who are ordered to service for more than 30 consecutive days, to be paid the regular salary reduced by the amount received as base pay for military service. Seniority and accrued leave time would also be preserved, ensuring that those who are called from reserves to serve do not suffer financially from a leave of absence.

The bill must be reconciled with a version passed by the House of Representatives before being sent to the Governor for his signature.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV

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Lowell Resident Peter Annis of "The Vinyl Vault" on 980WCAP radio has been a collector of nutcrackers for many years and has submitted his authentic nutcracker collection containing 557 nutcrackers to the Guinness Book of world records. "Some are handmade, I made many of them myself in my workshop. I have nutcrackers from all over the world in every shape and size you can imagine," Annis told the Valley Patriot. Annis asked publisher Tom Duggan to witness the official nutcracker count. (Some nutcrackers not shown.)

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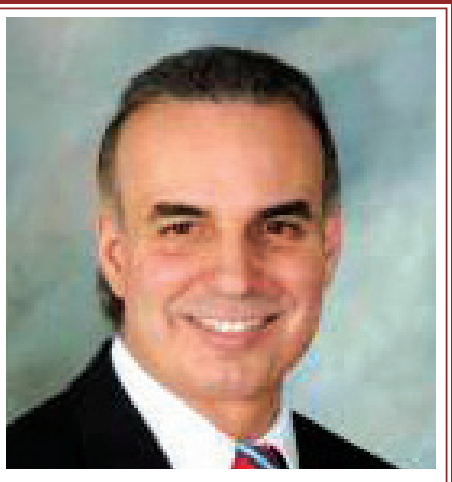

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Yoga Discounts for North Andover Town Employees

Yoga Discounts for North Andover Town Employees HOME Yoga Offers Four Weeks of Unlimited Yoga for $75 with a Portion of the Proceeds to Directly Benefit The Giving Garden

ANDOVER, MA – (July 1, 2016) – As a result of last year's successful summer season HOME Yoga in downtown Andover has a new summer program for North Andover town employees by offering reduced rates for classes. Town employees in North Andover can benefit from the discounted rates and have flexibility in class choices with more than 45 classes a week from which to choose.

The summer session kicks off July 1st and has open enrollment so town employees can drop in to any class that fits his/her schedule. This special North Andover town employee program will run through Labor Day, Sept. 5. For just $75, town employees can enjoy unlimited yoga for four weeks. A portion of the proceeds will go directly to the Andover's Giving Garden, whose mission is to bring together volunteers of all ages to grow fresh, local produce for local food pantries.

"By talking to both pantry guests and volunteers, I learned which vegetables would be in the highest demand and which are hardest for families to access," says Emily Strong, one of the lead gardeners and a member of the Board of Directors of Neighbors In Need, who spent time visiting the food pantries this winter. "The gardeners then created a plan to meet those needs. Now when I go back to the pantries, people ask me about the garden. They want to know how everything is growing!"

"We wanted to combine the healing benefits of both eating well and taking care of one's body, mind and soul," said Kristin Olson, owner of HOME Yoga. "The Giving Garden's mission is similar to ours, which is to bring together people of all ages, create community and feel better about oneself afterward. Practicing yoga is all about paying better attention- and creating awareness, not about touching your toes."

The summer series of yoga classes will encompass a broad range of class types that will be tailored to meet a variety of fitness capabilities. All levels are welcome. These yoga sessions engage multiple muscle groups, as well as burn fat, increase flexibility, and improve overall health; both mental and physical. Classes are held at their two Andover HOME Yoga Studio locations; 28 Chestnut Street, Andover MA and 305 North Main Street, Andover MA. Yoga classes are offered seven days a week from 6am to 8:30pm. These sessions offer a variety of styles of yoga including; vinyasa flow, hatha, yin, restorative, Iyengar and slow flow.

Individuals looking to sign up or to find out more information please contact HOME Yoga at 978-886-6669, or by email at kristin@andoverhomeyoga.com.

HOME Yoga was founded to create a safe space for people of all ages and levels to begin or continue a sustainable yoga practice. At HOME, we hope to help people quiet the mind, strengthen the body, and discover the power within oneself through a dedicated and consistent yoga practice. www.andoverhomeyoga.com

In July, 2015, a group of volunteers from South Church in Andover planted the first seeds in The Giving Garden. Those seeds yielded 750 pounds of organically grown produce that was donated to Neighbors In Need, which operates 11 food pantries in the greater Lawrence area. Planting for 2016 began in March, and many crops have already been harvested. A yield of 4000 pounds is expected this year. Located on the grounds of Rolling Ridge Conference Center in North Andover, the mission of The Giving Garden is to bring together volunteers of all ages and faiths to grow fresh produce for local food pantries. Volunteer groups and individuals who are willing to get their hands dirty to help others are welcome. The founders of the garden hope their efforts will bring people together to build community, have fun, get some fresh air, and most of all, help those in need. Lawrence has only one full service grocery store to service 76,000 residents, classifying it as a "food dessert" by the USDA.

If you'd like to help, volunteers can sign up at givinggarden.ivolunteer.com or email GivingGardenGrows@gmail.com.

Lisa Williams, owner of Doctor's Express in North Andover and Methuen, gave two $1,000 scholarship to graduating North Andover seniors. Here, Williams gives a scholarship to Alex Keating at Scholarship Knight, last month.

Andover's Kevin Vispoli achieved his Eagle Scout last month. Here he poses with his brother Alex who is also an Eagle Scout while their parents look on in the background.

Anne's Andover Notebook

Anne Knowles
VALLEY PATRIOT ANDOVER COLUMNIST

What a great summer ahead here in Andover with so many opportunities for young and seniors alike.

Andover residents looking for places to go and things to do, can find activities, groups and entertainment by taking advantage of Town of Andover recreational programs.

The Town of Andover has a very concise and informative listing of recreational, social and community programs for residents. This is a convenient way to check out the many activities that can be found for all age groups. Andover is fortunate to have many locations within the town that are available for town residents, so finding something to do is no problem throughout the year.

The Andover Youth Program continues with their outstanding calendar of activities for grades six to twelve 6-12. The newly finished Cormier Youth Center is now open with groups and activities for all students in this age group. Check their programs at andoveryouthservices.com

The Department for Community Services in Andover has a website that lists several excellent activities for youngsters from pre-school and school age. There are many programs that will appeal to older residents as well. Check under town of andoverma.DCS.

The Punchard Senior Center newsletter available online has listings of interesting things to do, programs to join and places to go and friends to meet. Special on the list is the Farewell Celebration for Donna Moore, a member of the office staff, to be held on Tuesday July 12 at 10:00 am. A farewell celebration for Kathy Urguhart, Director will be held on Thursday July 14, at 2:00 pm. The success and growth of the Center has both these ladies to thank. Their dedication to the people who look to the Center for their companionship, learning, and special activities has made this Center a stellar success for the seniors of the community.

During this summer a sample of some activities are Grill Nights, Monday night movies, classes and group discussions on topical subjects, information program, and special trips. The Newsletter for the Punchard Senior Center can be viewed on line. Please check it out and take advantage of the opportunity to meet the good people at the center.

SPECIAL NOTE: The Andover Farmers Market is up and running. Sponsored by the Andover Historical Society located at 97 Main Street, Andover Center; this marks the 10th year of the Farmers Market. Produce, baked goods, crafts and unique sundry items from local farms and craftsmen will be available. Hours are Saturdays from 10:00 am until 2:00pm until October 8, 2016.

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Ye Gay Ol' Valley

History of LBGTQ Murders: Stop the Hate!

Dani Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

There is no doubt that the shooting at the Pulse dance club in Orlando is a tragedy. It is an act of hate, an act of homophobia, and an act of terrorism. I am saddened and sickened by it. I am also angry, yes at the shooter, but also at the reaction to it. I will ignore those who praised the act because they deserve no attention. Who I am angry at are those who suddenly awakened from their blind stupor and are finally voicing support for the LGBTQ community. There have been Youtube videos and Facebook posts from people who freely admit that they do not condone the lifestyle of this community, but are just as saddened and sickened by what took place in Orlando. I am grateful for their support and purported epiphany, but what took so long? Why did it take this event? Are you one of those people? Have you no idea of the murderous history of my community (and yours BTW) over the past, almost, 50 years? I'm a history teacher. Be prepared to take notes.

The first real recorded action from the LGBTQ community was in 1969 in New York City at the Stonewall Inn when the gay community was fed up with the constant police attacks and raids. This is known as the Stonewall uprising or Stonewall riots. It all escalated from there. Stonewall is known by anyone who was born after the 1960's, but what about the fire at a gay bar in New Orleans on June 24, 1973. This is when a homophobic arsonist set fire to the club burning 32 patrons to death. Why weren't people enraged then? Why did it have to take another 43 years until another mass murder was committed for people to get the big picture? There have been many more murders and hate crimes between then and now that have gone virtually unnoticed and ignored.

Between 1969-1979 there were 10 reported murders or attacks that can be called hate crimes against the gay community in the United States. However, there are most likely scores, if not hundreds of others that went unreported or were registered as "regular" murders because of the stigma attached to being homosexual during this decade and the following decades. All of these LGBTQ victims have names, faces, and horrible stories. In 1978 several gay men were attacked and beaten in New York. One of which was the Olympic skating announcer, Dick Button. He's not the only famous gay man to be targeted in this decade. Harvey Milk, politician and activist, was shot to death that same year in November. In 1979, Tennessee Williams was also severely beaten because of his sexuality. These are famous people. Did you ever hear of Terry Knudsen, Robert Allen Taylor or Steve Charles? Steve was seventeen. They were all murdered because of whom they loved.

The next decade, according to U.S. police reports was a slow year for homophobic crimes. Only four were reported. I snort a little at that statement, "Only four". There are four families still mourning the loss of their loved ones three decades later. Here are a few: Rebecca Wight and Claudia Barner were shot 8 times while hiking. A man had seen them engaged in a sexual encounter at their private campsite, got his gun, and open fired. Wight died, Barner survived. This was in 1988 and is the subject of the book Eight Bullets, a harrowing account of their ordeal. Later in that same year, a man by the name of Richard Lee Bednaski killed two gay men in Dallas. He was convicted, but only sentenced to 30 years because, according to the judge, the victims "shouldn't have been cruising for men". So, they deserved it?

There was a big jump in these crimes between 1990 and 1999: seventeen reported murders. Again, this number is bogusly low, I'm sure. The most "famous" murders were that of Brandon Teena in 1993 and Matthew Shepherd in 1998. Brandon Teena was a transgendered female to male featured in the major motion picture Boys Don't Cry starring Hillary Swank. Brandon was eventually raped and killed when his secret was found out. Matthew Shepherd was severely beaten, tied to a fence and left to die. He was just a teenager. One particularly gruesome murder I came across while doing my research was that of Steen Fenrich in Queens, New York in 1999. Fenrich was murdered by his stepfather, dismembered and buried. His remains were not found until the following year. Written across his skull were the words, "Gay n—ger number one", along with his social security number. Why didn't that make the press?

Now it's going to get even uglier. There were 63 reported murders and attacks on the LGBTQ community from 2000-2009. Why is that? Wasn't it a decade when the country was becoming more tolerant? After all, same sex marriages were legalized in Massachusetts in 2004 and, right on time and point (I say with great sarcasm), the House of Representatives finally extended federal law to include attacks against a person due to their sexual orientation and gender identity as a hate crime. Way to go House. Even though these milestones were reached, it is the second deadliest decade for the gay community to date. Just ask the families of Terrianne Summers and Sakia Gunn. Summers, a 51 year-old transgendered woman and activist was shot in her own front yard. Gunn, 14, was stabbed to death at a bus stop after she told a man making advances toward her that she was a lesbian. Don't, however, ask Ronnie Antonio Paris how he feels about the loss of his 2 year-old son whom he beat to death because he thought his son may be gay and didn't want him to grow up to be a sissy.

HATE: PAGE 19

Beneath the Surface

The Third Way

Paul Murano
VALLEY PATRIOT COLUMNIST

The more I live the more I come to realize how difficult it is for most people to distinguish between actions and the people who perform them - to judge behaviors but not persons.It is very common to hate those who do evil and love those who do good. When Christ proclaimed the radical teaching to love your enemies and do good to those who persecute you, it must have shocked the masses. It still does.

This fundamental problem of identifying sin with sinner has again appeared in the media recently. In the Orlando massacre, the media ignored that the gunman was Muslim, who shouted the customary terrorist phrase before shooting, and praised ISIS as his inspiration. Instead, they blamed Christians. Why? Various Islamic communities condone killing homosexuals while Christianity simply teaches homosexual acts are unnatural and immoral. It demonstrates once again the progressive Left fears truth more than death.

To be fair, the truth is not always expressed or even accompanied with love by those who know homosexual behavior to be a crime against nature. In the same problematic manner, however, the Left attempts to love without truth. Like heads and tails, truth and love are flip sides of the same coin which form each other. Therefore the problem arises: By clumping together haters of persons with lovers of truth, unable to distinguish between attacking ideas and persons, homosexuals perceive Christians as attacking them rather than the behaviors they espouse.

Let us go beneath the surface to examine this phenomenon more closely. The norm of hating the sin and the sinner is found in cultures that possess the first step in moral development. The moral law in the Torah heightened awareness of moral evil in the world's monotheistic religions. Coupled with a keen sense of human solidarity, Jews and Muslims, each in their own time, concluded that capital punishment was the way to save the community from the "pollution" of grave sin. Some Muslims still perform "honor killings." The idea is that if cancer pollutes the body you kill it; and if moral depravity pollutes the community you stamp it out. Those who practice homosexual behavior, adultery, fornication, incest, thievery, idolatry, and the like, were henceforth put to death under both Mosaic and Sharia law, for the perceived sake of the community.

The opposite extreme is found today in America, specifically the cultural Left. Radical individualism and pop psychology paved the way for the new norm of accepting the person and his sin. This means denying the existence of sin to avoid confronting unpleasant truths. It avoids "honor killings," but creates a culture of death that steadily rots from within.

We see, therefore, the two extremes mankind has employed to deal with moral evil: a) hating the sinner and the sin, with violence toward those who do evil; and b) loving the sinner and the sin, with violence toward the reputation, livelihood, and freedom of those who witness against evil.

Is there a third Way? The late Judge Scalia once stated: "I attack ideas, I don't attack people, and some very good people have some very bad ideas." Is it possible to attack ideas without being hated by those who espouse them? Or are we doomed to either the pre-Christian practice of killing the sinner to kill the sin or the post-Christian practice of accepting the sin to accept the sinner? Is it possible to love the sinner and hate the sin??

The answer is a theological one. It begins with meditating on the cross. The perfectly innocent God-man bore every sin of humanity on the cross - past, present, and future – and when He died so did the sin of the repentant homosexual, adulterer and fornicator, murderer and thief, slanderer and idolater. Sin is not denied; rather, there on the cross, the depths of its evil are illustrated.

The pre-moderns were right, death is necessary to kill sin; but Christ took care of that for us vicariously. The primary remaining obstacle to healing and wholeness that leads to peace is denial. This is why today's post-Christian norm of denial is even more dangerous than the pre-Christian norm of violence. Denial of reality, which is the psychological foundation of 'progressive' ideology, closes oneself completely to the third way.

What is the third way? What is the alternative to man's disordered instinct to do violence to either life or truth? It is to love the sinner and hate the sin, attack ideas but not people, love your enemy and do good to those who persecute you, and judge behaviors but not persons. As history indicates, this alternative, rarely employed, which distinguishes the person from the evil, made possible only by Christ and through the power of His Spirit, is the only way to peace.

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on WCAP, Mondays 10-11pm, with podcasts available at .facebook.com/fellowtruthseekers. Paul teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help center in Burlington, and is a singer-songwriter-musician. E-mail Paul at PJDM@aol.com

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Last month, Valley Patriot publisher Tom Duggan and famous weatherman Al Kaprielian were having lunch at Margaritas Mexican Restaurant in Methuen at the Loop, when we ran into a big fan of Al's. Here, Sarah Bell poses for a three way selfie with Tom and Al. PS. Try the steak burritos!

Every year singing sensation Bylli Crayone from Lawrence donates backpacks and school supplies to underprivileged children in Lawrence. Registration begins on August 1st. See his Facebook page for more details.

Lillian Michaud retired last month after 30 years as the Lawrence City Council's official secretary. Lillian began working in Lawrence City Hall in 1985, shortly before Lawrence changed its' charter. At left, Lillian with photos of all the city councils she served under. Below is Lillian at age 23, when she was first hired.

This year, The Valley Patriot welcomes our new, women's softball team "Bat Attitudes". They play every Sunday at Rec Park in Plaistow NH. Pictured above are: Top Row: Lauren DeFresne, Pam Holt, Sarah Albrecht, Tracey Smith, Alison Glubicki, Lynne Dulong, Kelly Lawless, Katen Paquette. Bottom Row: Cat Adrian, Sue Marston, Diana Fournier, Cheryl Titone, Nanette Masotta

Lawrence Mayor Dan Rivera raised the Israeli flag outside city hall on May 11th, to commemorate Israel's 68th Independence Day. This is the first time ever, that the Israeli flag has officially flown at Lawrence City Hall. Mayor Rivera presided over a short ceremony that included several Rabbi's from area temples.

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Last month Amanda Rzeszut earned her Girl Scour Gold Award, the highest award in Girl Scouts. She was given the award the day prior (June 13) at the Statehouse. Since State Senator Barbara L'Italien was unable to attend, she gave Amanda a Senate Citation at the Flag Day Ceremony at the Dracut American Legion.

Tynan Matthews received his Eagle Scout award last month at the Dracut American Legion during the Flag Day burning ceremony. Here Tynan is being sworn in as an Eagle Scout by Scout Master Wayne Isleib.

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"North for the Summer"

Justess Jacobson
MANCHESTER NH COLUMNIST

Normally, I write about fun things to do here in Manchester, N.H. the Queen City. However, one of the best things about living here is the short drives to some of the most amazing things this entire country has to offer. In 45 minutes, you can find yourself sitting in the soft sands of Hampton Beach, or find yourself immersed in the college life in Keene. Head an hour or more North and you enter in to the great north of New Hampshire where there is never anything short of a great day. Here are 10 awesome, family-friendly activities to do for a day trip up north with your friends and family.

10. Storyland - this theme park is excellent for kids as it offers kid friendly rides, amusement, and entertainment. Located in the heart of the White Mountains right off of Route 93, it makes for an excellent drive, with family fun.

9. The Cog Railway leads you up to the top of Mount Washington. It was America's first railway to climb a mountain, and offers a tour guide to offer history of the mountain, the railroad, and the ancient inhabitants. This is it takes a couple of hours to ride the train, but well worth the time. With its majestic views, and enriched history, this is sure to be a crowd-pleaser. (Be warned, Mount Washington is extremely high in elevation, leading to ear popping, drastic temperature change, and unpredictable weather. Please call the station before making the trip).

8. Six Gun City, located in Jefferson, NH is an amusement park that offers kids rides, adult rides, water parks, and many more in this awesome fun-filled park. Just slightly north of the White Mountains is this amusement park that is fun for the whole family.

7. Franconia State Park - this is where the "Old Man" (may he rest in peace) used to watch over the tourists and locals. Unfortunately, you can't see the old man on the mountain anymore, but there are still plenty of breathtaking views that are indescribable. With Echo Lake available for swimming, mountains for hiking, and tables for having a picnic, this is the perfect place to have a relaxing day with the entire family.

6. The Hobo Railroad offers two different sites for riding. In the Lakes region, the train twists and turns with the land as it travels through the scenic area of Lake Winnipesaukee and gives you an educational tour of the lake, the history, and the uniqueness of the lake. There is also a railroad in Lincoln that takes you through the White Mountains and crosses the Kancamagus Highway. You will seeSeeing the mountains in a whole new way with a tour guide explaining the mountains and the life that once lived on the mountains. This is a kid friendly tour with lots of fun, scenic views, and unforgettable memories.

5. Flume Gorge - the breath taking waterfalls and the views of the entire White Mountain National Forest are something that pictures cannot describe. The natural 800 ft gorge located at the base of Mount Liberty offers history tidbits along the way about the region and the Indian descendants that once walked the mountains. There are also areas for picnics and pictures. Kid friendly teaching styles offer friendly education to the younger members of the family.

4. Ziplining in the White Mountains - most ski resorts offer summer time activity of being tightly secured on a wire, and zooming down the mountain as you witness the White Mountain National Forest. Loon Mountain, located in Lincoln, NH, is one of the most popular places to go. There are certain restrictions to ziplining, please read instructions clearly before making the

NORTH: PAGE 19

Bump Audit Shows MCAD Not Doing Their Jobs

An audit released by Massachusetts Auditor Suzanne M. Bump today found the Massachusetts Commission Against Discrimination (MCAD) has not been completing investigations into claims of discrimination in the timeframe required by state regulations and its investigators have not been completing the required monthly minimum number of cases.

"Massachusetts has been a leader in addressing discrimination against its residents. However, our audit found that many Bay Staters who feel they have fallen victim to discrimination did not have their cases quickly investigated and resolved," Bump said.

The audit found, on average, non-housing complaint cases were open 325 days beyond the 18-month deadline for resolution of these types of cases. In addition, on average, housing cases remained open 553 days beyond their 100 day deadline.

The audit also found that MCAD investigators who work on non-housing cases only closed their required number of monthly cases approximately 40 percent of the time in fiscal year 2014, and 50 percent of the time in fiscal year in 2013. Housing investigators did not complete the required number of cases in any month during FY 2013 or 2014. Investigators are required to complete at least eight substantive case closures per month for non-housing cases, and at least seven per month for housing cases. As a result of the audit recommendations, MCAD reports expanded use of electronic filing and early mediation to assist in resolving cases in required timeframes. The organization also reports implementing accountability standards to ensure investigators are meeting monthly case closure requirements. Additionally:

· MCAD could not substantiate through its records that it had collected, deposited, and reported $377,000 in civil penalties from 2004-2015;

· the agency has not properly implemented database access security controls over its case-management system to ensure only authorized individuals were able to access case files;

· MCAD did not have a plan to restore its data-processing abilities in the event of unforeseen disaster; and

· the agency's internal control plan, payroll process, and personnel records were deficient.

MCAD has noted the positive impacts of the work of Bump's office. In a letter sent to Bump shortly after her office completed its field work for the audit, Jamie Williamson, Chairwoman of MCAD, wrote, "Already, the work of your office is bearing fruit in the ongoing standardization of operations and development in new policies."

MCAD is an independent agency responsible for enforcing the state's anti-discrimination laws in the areas of employment, housing, public accommodations, credit, and access to education. It is also tasked with investigating, prosecuting, adjudicating, and resolving cases of discrimination on behalf of individuals in protected categories, such as race, age, gender, and sexual orientation.

Getting the People's Business Done

Rep. Linda Dean Capbell
MASSACHUSETTS STATE REPRESENTATIVE

The Massachusetts House of Representatives recently passed important legislation for workers, for our communities, and protections for transgender individuals.

Facing an unexpected decline in capital gains, we also passed a budget on time - unlike many states throughout the country.

I will have more on the budget in the August edition. Here are a few of the many pieces of important legislation that recently passed the House of Representatives.

Most important is comprehensive legislation to promote alternative energy.

I have spoken to many families that struggle with high energy costs, especially electrical costs, and are directly impacted by increasing costs to heat their homes in the winter.

Part of these higher costs result from Massachusetts' heavy reliance on natural gas, which accounts for nearly 60% of electricity generation in the Commonwealth. Accordingly, we are often subject to volatile swings in prices.

This month the Massachusetts House passed a comprehensive bill that would increase our use of hydropower from Canada and wind energy here in Massachusetts.

There are also some important consumer protections that I strongly supported in this bill :

The first is about gas leaks. Gas leaks are a serious public safety and health hazard, especially in some of our more urban areas. They often go unaddressed, and their cost is absorbed by ratepayers like you. I supported an amendment included in this bill that would put a stop to that practice by requiring private suppliers to pay for the costs of leaks and making repairs.

For similar reasons, I supported a measure included in this bill that would allow property owners to get favorable financing for energy efficiency upgrades to their homes.

A second piece of Llegislation recently passed by the House is The Municipal Modernization Bill, a culmination of efforts taken by Lieutenant Governor Karyn Polito and Governor Baker to work with municipal leaders and the Legislature to develop policies that promote less bureaucracy at the local level. Changes put into law by the House include making municipal construction procurement easier, providing greater flexibility for providing services and administrative functions electronically, and greater flexibility to use parking revenue.

Finally, the House passed legislation expanding anti-discrimination protections for individuals identifying as transgender to all public places including hospitals, parks, shopping malls, restaurants, airports, and restroom facilities. As a moderate common-sense Democrat, I try to approach every issue with an open mind and with an eye as to how it will affect my constituents and the people of Massachusetts. This bill, in my mind, will not result in noticeable changes for the general population, but will improve protections for transgender individuals throughout the Commonwealth and those living in my district, and provide requested guidance to the business community.

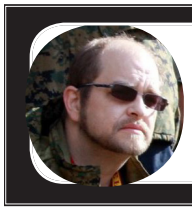
The Massachusetts Police Chief's Association and the Massachusetts Major City Police Chiefs support this legislation.

Numerous businesses, including Harvard Pilgrim, Google, and Eastern Bank, endorse this legislation. Business groups make the argument that businesses may be less willing to locate in Massachusetts without protections for their transgender employees. We have observed closely the chilling effect that discriminatory practices had on North Carolina small business and corporations.

Additionally, US Defense Secretary Ash Carter recently announced that transgender individuals can now serve openly in the armed forces.

State Representative Linda Dean Campbell, 15th Essex, serves as Vice Chair of Public Safety and on the Committee on Ways and Means. She can be reached at 617.722.2430/linda.Campbell@MAhouse.gov or 978.989.0722/representative.linda.campbell@gmail.com www.statereplindacampbell.com

DUGGAN'S NOTEBOOK OVERFLOW



Paying Attention!

WITH TOM DUGGAN

THE SHERIFF'S RACE

Of all the local political races in the Merrimack Valley, arguably the most important is the race to replace Essex County Sheriff Frank Cousins. Essex County is huge, and virtually none of the newspapers or media outlets have paid any attention to this race.

That's why The Valley Patriot will be sponsoring a debate in August at North Andover High School, (date to be announced).

TRIBUNE SLANDERS TEACHER

Lawrence resident Eric Salach spoke before the Lawrence City Council last month because he was concerned that the building next to the Oliver school was so unsafe that children could be hurt if the city didn't act to tear it down immediately. He also revealed that his wife works at the Oliver and she was concerned for the safety of her students. Weeks later, when Keith Eddings of the Tribune decided to report the story, (long after we did all the work for him), he attributed the statements of Eric Salach to his wife, who didn't even attend the meeting. Here's what he wrote: "Later that night, Oliver School principal Nancy Salach attended a City Council meeting to protest that the fence was not adequate and the structure is a threat to her students and staff. Blanchette disagreed."

LAWRENCE RECORDING STAR'S SPECIAL NIGHT

Last month, recording star Bylli Crayone of Lawrence was joined for a special night by 80's recording sensations Giggles and Shana for a concert in a Lawrence night club. Lawrence City Councilor Sandy Elizabeth Almonte Rosado attended to give a city council citation to Crayone for 35 years of recording with such stars as Boy George, Tiffany, and others.

Crayone has always quietly given back to the community, never seeking publicity for the good works that he does. One of those good deeds is his backpack giveaway program, where he gives free backpacks filled with school supplies for poor and underprivileged Lawrence children. Anyone interested in donating school supplies to Crayone's program can visit him on Facebook and send him a message. For children or parents who want to register for a free backpack filled with school supplies can do the same starting August 1st.

CAMPBELL'S OPPONENTS

According to the daily paper (so take that for what it's worth) State Representative Linda Dean Campbell has two opponents this year. I'm not sure how seriously they are taking their candidacies because we have yet to hear from either of them.

SALVATORE'S SUMMER FUN

If you haven't been to the deck at Salvatore's Restaurant in Lawrence, it's something you have to do before the end of summer, especially if you can get there shortly before dusk. Right there on the banks of the Merrimack River.it's one of the most beautiful sunsets in the area. And while you are there you need to try the butternut squash ravioli. Seriously, I eat out six or seven times a week and it's like nothing you've ever tasted. You might also want to try the BBQ chicken pizza or the veal marsala.

HILLARY CLINTON'S EMAILS

Because we dedicate so much space to local news, events, and opinions, there is rarely room in The Valley Patriot for national issues. So, we have been a bit negligent in covering the Hillary Clinton Email debacle or comment on the media feeding frenzy over a star on a graph of a tweet.

Here's what I saw. By my count, in one night, CNN spent about 80% of their broadcasting time between 6pm and midnight on the shape of a star .....on a tweet .... that someone who works for Donald Trump ... sent out. They spent this enormous coverage time on the shape of a star on the very same day that the FBI director declared to the world that Hillary Clinton had lied about every single thing she has ever said about the email scandal.

Hillary Clinton said over and over like a robot for more than a year that she "never sent or received classified email on my private account." She also claimed she never sent or received emails "marked classified", and that some of her emails were marked classified after the fact because national issues dictating some things be retroactively marked "classified".

The FBI Director declared none of that was true. FBI Director declared that Clinton had sent and received classified "and top secret" emails on an unsecured, non-government protected electronic device, sometimes while physically in countries hostile to the United States ... where those governments control all media, and can intercept or monitor all emails within their borders.

He also declared that she was most likely hacked and hostile actors had full access to her electronic communications while she was Secretary of State.

I will leave it to you guys to conclude for yourselves why CNN spent so much coverage on that very day, to the shape of a star.... on a tweet .... sent out by someone who WORKS FOR Donald Trump.

To The Editor,

Socialist Sanders Abandoning Israel

Socialist Sanders appointed two anti-Israel people to his platform drafting committee. Cornel West espouses anti-Israel views, and James Zogby, President of the Arab American Institute, has denounced Israel. Sanders also appointed Representative Keith Ellison of Minnesota, an anti-Israel Muslim, to his platform committee.

Sanders, who honeymooned in Russia, and his left wing followers epitomize a major shift in the Democratic Party concerning Israel. A recent Pew Research Center survey showed "liberal Democrats were twice as likely to sympathize with Palestinians over Israel than they were two years ago."

The dumb Jew haters have come out of the woodwork to demonize Israel. Their hatred makes them overlook the huge role Israel plays in projecting U.S. interests in the Middle East.

Thankfully, Hillary Clinton, and the Republicans and Libertarians are strong supporters of U.S./Israel relations, and they have a deep understanding of world affairs.

Donald Moskowitz
Londonderry, NH

HEALTH CARE: FROM 5

Those of us old enough to remember will recall beat up old cabs with no A/C and surly drivers who behaved as if they didn't have to care about customer service because they didn't. They would likely never see passengers again and there was no rating system like Uber and Lyft have.

They would "take us for a ride" in more ways than one with circuitous routes and credit card machines that would mysteriously stop working so they had to be paid in cash.

Quality was low and prices high despite government doing all it could to "protect" us by controlling prices and competition. Thus cab fares are the same regardless of when or where you need a ride and if a Boston cab drops a rider off in Cambridge he has to return to Boston empty because he's not allowed to pick up a fare outside of Boston. It's been like this since medallion laws were instituted during the Great Depression when "too many" people tried to make a living offering rides, so we've accepted it, since that's the way it was in every city, state and country. Good luck complaining about it.

The medical industry is under similar market crushing constraints; we don't even allow a new hospital to open, or an existing hospital to expand, unless they're granted a Certificate Of Need (CON) by a government that still believes it can "protect" consumers from too much competition. At some point, we'll have to reach the realization that only free market forces can bring down medical costs, and that means allowing consumers, not government, to make rational choices about where their dollars are spent. Failure to control these costs will continue to crowd out all other spending and result in government becoming little more than an insurance company with an army.

HATE: FROM 15

Now we come to the last 7 years. Before Orlando there were 41 reported hate crimes within the community of which I speak. In 2010, La Reina, a 30-year-old gay man was kidnapped, sodomized by multiple foreign objects, burned with cigarettes and tortured by homophobic gang members. That same year 18 year-old Joshua Wilkerson was beaten and burned to death. Do any of you know their names or anyone else's mentioned in this column besides the famous? I doubt it. Why? Why are some hate crimes more important than others? Why have there been so many beatings and murders that have gone unreported and unnoticed? Because we're homosexual! We're subhuman according to history. We are laughed at, scorned, and underappreciated. That needs to change before another decade goes by with more singular and mass killings on this community.

Researching this column was heartbreaking, maddening and exhausting. Reading murder after murder and realizing almost all of them went on without a conscious thought from the media, police, politicians and policies, and the rest of the U.S. population is a crime in and of itself and I am just as guilty. I found that between 2008-2014 there were 1,612 murders in 62 countries of transgendered people. That's approximately 2 murders a day. The Human Rights Campaign reported that there were 594 murders of LGBTQ people from 2013-2014 in the United States alone. That's a hell of a lot more than 49 and yet no one became outraged and went to social media to speak out for us. This is a ludicrous number and it's most likely going unnoticed because who the victims are. This is all disgusting. In a country whose motto is "Land of the free" and the Declaration of Independence says that "all men are created equal", what the hell is going on? Who is protecting us?

I have a quote, year round, in my history classroom that reads, "To predict the future, you must know the past." I predict the future is going to be a very scary place unless we stop the hate.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

NORTH: FROM 18

track up to northern NH .

3. Mount Washington - driving up Mount Washington is a thrilling, life-living moment. The windy winding road up one of the tallest mountains in the world is truly breath taking. On extremely clear days, you can see the skyscrapers of Boston. At the base of the mountain is Mount Washington Resort, which has phenomenal food, views, and rooms for a night . The luxury resort has also been known to be a paranormal hotspot investigated by many professional ghost hunting groups including "TAPS", the famous group from Sci-Fi's "Ghosts Hunters". For the more athletic people, Mount Washington is hike friendly. (Though it is hike friendly, please make sure you read tips beforehand as it is a strenuous climb that is not for newcomers).

2. Lake Winnipesaukee - the lake, in general, has this relaxing environment that you cannot get anywhere else. The main attraction being Weirs Beach, of course. Weirs offers a laid back boardwalk with a large arcade, homemade pizza and ice cream, and other shopping and recreational activities. With restaurants on the water overlooking the lake, there is hardly any place here in the city that can beat it. Weirs Beach is also home to "Bike Week" which happens once a year in June. Along Weirs you can also dock on the "Mount Washington" which is a cruise ship that offers functions, lunch, and cruising on the lake. You can also take the mailboats around the lake and talk with the mailmen and learn about the lake. Along with the boats, restaurants, and boardwalk, there is a sunny beach and swimming in the lake; you can't get any better. If you drive just a few miles, you can find yourself at "Fun Spot" which is a large arcade/play area that is truly fun for the whole family. Pirate's Cove, which is also around the lake, is a great mini golf spot. Not to forget, Ellacoya State Park, which is located in the Gilford side of the lake. Overlooking the Indian Head mountain range, and crystal clear water, this park, within in and of itself, is an excellent day trip. There is no such thing as a bad day on the likelake, no matter what your interests are .

1. Kancamagus Highway - as the locals call it "The Kanc"- this 34.2 mile highway offers must-see-to-believe views of the White Mountain range, waterfalls and streams. With pull-offs for swimming, picture taking, and scenic drives, there is no way you can should miss out on this drive. Starting in Lincoln, ending in Conway, you can pick a spot to have a family picnic or stop at a local bed and breakfast or restaurant.

IN THE GROOVE with Cindy Annis

BILLY JOEL

William Martin Joel was born on May 9, 1949 in Levittown, New York. He grew up in a Jewish family. At the age of 4, he started taking piano lessons. By 1957 , his parents divorced. Having no father around, Joel hung out with the wrong crowd. He would jump out of his bedroom window late at night to hang out with a gang and smoke. Boxing was also something he liked to do to learn how to defend himself. After breaking his nose in his 24th boxing match, Joel hung up the gloves for good.

By 1967, Joel was a senior at Hicksville High School. He didn't get his diploma. Although he was a good student, he was often late for school or did not go not in at all. This was due to the fact that he was playing piano at local bars to help his mother put food on the table. Twenty five 25 years after dropping out, he was given his diploma at the annual graduation ceremony.

By age 16, Joel joined a group that played covers of British songs. They were first called the Echoes, then the Lost Souls. Later, Joel quit the Lost Souls to join the Hassles. By 1969, Joel and Jon Small left the Hassles and formed Attila. In October of 1970, the group died when Joel was having an affair with drummer Jon Small's wife.

In 1972 when his relationship with Elizabeth ended and he wasn't recording, Joel tried to commit suicide. He was taken to the hospital after drinking shoe polish. To get out of the hospital without a doctor's permission, Joel's friend who dropped dental school, went to the hospital wearing a lab coat. Using some medical terms with the doctors and nurses, Joel was released.

Later that year, Billy Joel signed a contract with a record company called Family Productions. The owner of the record company was Artie Ripp. The first album he recorded in the Los Angeles studio was "Cold Spring Harbor". There was just one problem. During the recording, the reel to reel tape machine ran slow. The end result was Joel sounding like a chipmunk.

To fix things, Billy Joel decided to perform live at various locations. He started out as an opening act for groups like "The Doobie Brothers", and the "J Geils Band". He went all over the world including Sigma studios at radio station 93.3 WMMR which is in Philadelphia. During that live session, Joel performed a song he wrote while on the road called "Captain Jack".

After hearing Joel, Clive Davis of Columbia records, signed Joel to the record label. By 1973, his first album on the

Columbia label called "Piano Man" was released. By 1975, Joel decided to produce his own records, and get his friends as the backup band. After the Turnstiles album, producer Phil Ramone came on board to produce "The Stranger" album.

In 1982, "The Nylon Curtain" album was released. The creation of the album was put on hold when Joel was in a motorcycle accident. Five pins were used to reset the bones in his hand. After months of physical therapy and medical tape for his thumb, Joel was back in the studio playing the piano.

After the album release, Joel went on a vacation in the Caribbean. There, he met and eventually married Christie Brinkley in 1985. Nine months later, Alexa Ray Joel was born. By 1989, they decided to buy a house. Billy Joel decided to hire someone to look at his bank account. He found out that $90 million had been taken from him. His former manager Frank Weber was to blame. Billy sued and fired Frank. Since Frank was bankrupt, Billy was unable to get any money from Frank through the court. He did the only thing that he could do to get money; he released "Storm Front" and went on a worldwide tour. Being always working, his marriage to Christie ended in 1994.

Tune into Cindy's Vinyl Vault every Sunday at 10pm, Monday at 11pm, and Wednesday beginning at 9pm for the best music from the 50s through the 70s ever placed on vinyl. Remember it's not how old it is, but how great it sounds!

TV TALK WITH BILL CUSHING

My 2016 Emmy Wish List

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

The Primetime Emmy nominations will be announced next week and every year I like to review the past year in TV and give my Emmy Wish List. There are always great performances that get overlooked each year. This is a list of performances and shows that I think really deserve recognition by the Television Academy. Here we go!

In the Lead Actor in a Comedy series category, the one person I fear will be overlooked but shouldn't be is Rob Lowe for The Grinder. Lowe was hilarious as Dean Sanderson, an actor who played a lawyer on TV and was now trying to live a new life as part of his family's law practice because he thinks he knows all about the law from his years on TV. Lowe was excellent in the role that made fun of actors who take their roles so seriously, and looked like he was having a blast doing it. Unfortunately, The Grinder wasn't renewed, so this will be Lowe's only chance for a nomination for this role.

The Lead Actor in a Drama Series category is by far the toughest category this year. So many actors are worthy of a nomination, but with only 5 nominees some actors will be overlooked. So with that in mind, I'm really hoping that a couple of actors get recognized.

The first of those actors is Justin Theroux from HBO's The Leftovers. In my opinion Theroux's performance was the best on TV over the past year. All anyone needs to do is watch the episode "International Assassin" to see that he deserves this award this year.

Another actor who really deserves a nomination in this category is Freddie Highmore from A&E's Bates Motel. His performance as a young Norman Bates was outstanding this season, as it has been throughout the series entire run. Whenever Norman transformed into his mother this season, Highmore took his acting to another level.

There are others, as I said this category is packed. Kyle Chandler for Netflix's excellent series Bloodline. Damian Lewis and Paul Giamatti for Showtime's Billions. Kevin Spacey for House of Cards. Bob Odenkirk for Better Call Saul. Matthew Rhys for The Americans. Such a strong field.

The Lead Actress in a Drama Series category is also a tough one. For me there is one clear cut performance that should not be forgotten, and that's Carrie Coon from The Leftovers. Look no further than the episode "Lens." Coon's face to face scene with the always excellent Regina King was one of the best scenes of the year. But it didn't end there. Coon's performance as a woman who lost her entire family to "The Departure" and was forced to pick up the pieces and move on in season one, blossomed even more in season 2.

There are few other nominations that I don't want to forget. In the interest of space, I will run through them quickly.

Alison Wright had a breakout season in her role as Martha on The Americans. As viewers our hearts broke when Martha learned she had been duped by the man she loved, who turned out to be a Russian spy. The only thing I'm not sure of is if Wright has entered in the Guest Actress category, or the Supporting Actress category.

Sarah Paulson was so good in her role as Marcia Clark in The People vs. OJ Simpson. She stole every scene she was in. She is definitely worthy of a nomination.

Couple of more actors I'm hopeful to see nominated, Regina King from American Crime and The Leftovers, Jonathan Banks from Better Call Saul, and Vera Farmiga for Bates Motel.

Finally, in the Outstanding Drama Series category, I would love to see The Leftovers get a nomination. It was, in my opinion, TV's best drama series over the last year. Also, it's about time that the Television Academy recognized The Walking Dead. It has consistently been one of the best series on TV every season since it has been on and it has been consistently ignored. It's time to recognize it with a nomination for the show and its actors.

We'll see when the nominations come out on July 14th.

Who would you like to see nominated? Hit me up on Twitter or Facebook and let me know!

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @BillsTVTalk and on Facebook at Bills TV Talk for daily up-to-the-minute TV news and discussion.

The *PULSE!*

The Perkins Predicament

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

The reality of UMass Lowell and its significant impact on the City of Lowell has hit hard lately. UMass Lowell recently purchased Perkins Park Residences and Lofts for a reported $61.5 million dollars , a purchase that has infuriated much of the residents in Lowell, the City of Lowell Administration and Lowell City Council.

Why? Well, Perkins Park is a place that was redeveloped with tax credits and became a prime example of the type of residential development the city would want. It attracted well-to-do residents with expendable income. Perkins Park is a beautiful completed mill project that residents of Lowell with expendable incomes bought into. A city life in attractive housing with residents all promoting the positives Lowell has to offer… and all that Lowell could offer.

Lowell has had a rebirth of sorts through recent years. A good formula of old manufacturing mills now turned into luxury apartments and or condominiums that have overwhelmingly attracted new residents to the city. Mills redeveloped with historical tax credits have also had to fulfill subsidized housing and Section 8 requirements. The perception from local downtown business is that the mix of subsidized renters versus moderate income renters is skewed. Lower income residents don't have the expendable income to shop or dine in local establishments, but wealthier residents do. The comment by many businesses and residents alike is that Lowell needs more luxury residences, not less.

So the recent sale of the Perkins Park Residences and Lofts, replacing higher income residents for low earning college students has angered and concerned many. In addition the City of Lowell will now lose taxable property ($321,000 per year) in exchange for yet another piece of non-profit and non-taxable property owned by UMass Lowell.

At a recent Lowell City Council meeting, Perkins Park residents filled City Council chambers and testified in person to the City Council of their plight. Many residents spoke of the positive experience in Lowell, the love for their luxury apartments and the promises they were made by the now former owners. The promises alluded to were an option to buy their luxury accommodations as a condominium and assurances that the Perkins Park Residences and Lofts would never be sold to UMass Lowell.

It's shocking that residents were lied to (eye roll here).

Yes, perhaps shocking, but not surprising to many people that have been watching UMass Lowell grow at a rapid pace and grow into a world class University. Besides the residents expressing shock, so were the City Council and the City Administration. Shock was quickly followed with the epiphany that there was little that the City of Lowell could actually do about it. Shocked was the City Council that realized how little power they had or have relative to a transaction like this.

So the question that remains is, who runs Lowell? Does the city government run Lowell or does UMass Lowell… run Lowell?

My instinct is that the power pendulum is definitely swinging in the Universities favor. I give Marty Meehan, the current President of UMass and former Chancellor of UMass Lowell all the credit in the world. President Meehan has transformed UMass Lowell into the envy of the collegiate world and many other communities would relish at the chance of having a university like UMass Lowell within its own borders. It's a belief (especially the writer,s) by many, that Lowell's success and future success is very much dependent on the success and prosperity of UMass Lowell. Many generations of Lowellian's have dreamt of UMass Lowell (and its many transformations through the years) becoming a world-class university. It has realized the beginning of its potential. It serves as a learning institution, an employer, an economic development generator, an innovation center and much, much more.

However, no entity can roll on, unchallenged. Balance and a working relationship with the city government are vital. It's paramount for the city in both a business sense and residential sense. Quality of life is a critical element and how to pay for that quality is a big part of the formula that will ensure that Lowell remains successful. Balance coupled with an open dialogue that ensures that everyone's interest is at heart. A successful university positively contributing to the cities general ledger and not placing a burden on it is essential.

UMass Lowell has been straight forward in letting everyone who's interested in knowing, that their first priority and interests are with UMass Lowell. The City of Lowell needs to realize this. The City of Lowell, its elected officials and hired employees must now realize that what's in the best interest of UMass Lowell will not always be in the best interest of the City of Lowell. The relationship needs to be positive and a wise person once said: Trust, but verify.

So the question once again needs to be asked – "Who's running Lowell?" - UMass Lowell or the City of Lowell? "Who's more important?" - The residents of Lowell or UMass Lowell?

The questions are straight forward and serious. The answers need to be developed, nurtured and balanced.

The Lowell Lions Club "2016" Pizza Fest Committee, taking a break from serving pizza to 123 Lowell Seniors at The Lowell Senior Center. Left To Right (standing) are: Frank Gomez,Volunteer at The Senior Center, PP Dave Shaughnessy, President Deb Lussier, Treasurer Marcel Victor Plouffe, Senior Center Executive Director Michelle Ramalho, IPP, Bob Phaneuf and Secretary Len Tarmey. Seated Is Veteran/Senior Lowell Lion Gerry Cohen....

5K Road Races - Have Some Fun

Rick Bellanti
VALLEY PATRIOT EXERCISE GURU

It's that time and summer is fast approaching, which means the nicer weather will be bringing out all the competitive walkers, joggers and running enthusiasts looking for local organized fundraising events, such as 5K road races.

5K means 5 Kilometers (not 5 miles as often mistaken) so now you can relax a little bit because the distance of a 5K road race is just 3.1 miles long. 5K races are a great entry level road race for beginners and often fun to just walk and enjoy the family and friendly atmosphere a 5K road race has to offer.

I started getting involved with 5K road races about three years ago when I was hired as sound production and DJ for the road race organizers. Working it from the sidelines, I never realized the real fun I was missing out on and eventually I was encouraged by friends to sign up and register for my first 5K road race, (on Saint Patrick's Day 2015). I soon found out they are fun to be involved in and the camaraderie amongst the participants is amazing as I soon found out walking that first 5K at 355 lbs.

My goal was to just finish, and I did, coming in second to last place out of around 400 participants, in just under an hour. Everyone involved was at the finish line cheering me on from spectators to participants…. and there, waiting for me to cross the finish line was my young daughter who is my biggest supporter and for whom I am on this weight loss journey for.

I was very intimidated at first with all these professional runners competing to win ribbons, medals and other prizes. But I soon found out the winning was in the individual person running the race for themselves whether it was for exercise, or being there for the fundraiser to raise money. It was at that point I knew I was onto something fun and really enjoy participating in.

At 51 years old, I have now participated in twenty seven 5K road races locally and also in Walt Disney World, and each one I compete against myself trying to finish at a better time; even though I know I have a

long way to go to competing on a professional level and winning races,

I know that my first race set my PR (personal record) and each road race I participate in, I'm competing against my finish time from my previous race results.

There are 5K road races all year long and just about every weekend and sometimes often during the weekdays as well. You can find them online on different road race websites and by typing in your local City or State you will find many different organized events. They typically cost around $25-$45 with registration entry fees and very often you get a cool T-Shirt representing that specific race and sometimes a medal just for participating and finishing the road race course.

Register now and get outside and enjoy the weather and support local organizations and, most of all, get your heart rate up and burn some summer barbequing calories. Start at a slow pace and walk if you have to; the idea is to just finish! You're only competing against yourself, and trust me you'll be so exhilarated when you finish you'll be searching for the next 5K road race to sign up for.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 153 lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here.

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KNOW YOUR BODY

What's Old is New Again

Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Since graduating from medical school 21 years ago, I can remember being told that half of what I learned will prove to be incorrect, and that new knowledge will replace what we knew. The only problem was that they could not tell us what would stand the test of time and what would not.

As a medical intern and resident, I had the privilege to train at one of the finest teaching hospitals in Boston, and to learn from some truly great physicians and surgeons.

Fresh out of medical school, I was taking care of some of the sickest patients in the city suffering from end-stage liver disease awaiting transplantation.

Many of those were suffering from alcoholic liver disease or hepatitis C, but there was another group of people suffering liver failure that defied classification. At the time we called them Crypotogenic Liver Disease, or translated into English, "hidden cause."

We now know that those most of those suffering from "Cryptogenic Liver Disease" are almost always are suffering from "non-alcoholic fatty liver disease," or NAFLD.

NAFLD occurs very commonly and has nearly displaced hepatitis C as the most common cause for liver transplantation, liver cancer, or liver disease related death in the United States. It's a potential epidemic from the standpoint of public health, and one that is also potentially targetable and treatable if we have the will to face it head on.

One of the most common consultations that I get as a physician/gastroenterologist is to see someone with asymptomatic mildly abnormal liver function tests, or routine blood tests ordered by a primary care doctor prior to starting a cholesterol lowering medication, for example.

The risk factors will often be middle aged, a bit overweight, sometimes diabetic, and sometimes with hypertension (high blood pressure). What we now know is that those risk factors represent a newly recognized entity called "metabolic syndrome."

Simply defined, metabolic syndrome is a collection of symptoms and signs that relate to increased resistance to the body's insulin, which is a blood element that regulates glucose, also known as blood sugar. Our bodies are designed to maintain and operate optimally at a blood sugar of between 80-100 mg/dL.

Insulin is made by the pancreas and controls the blood sugar at this very narrow healthy range. As we age, as genetics and weight increase, our bodies become less sensitive and responsive to insulin and our pancreas has to increase the insulin it produces to keep our sugar in range. Eventually, the pancreas becomes tired and the sugars rise causing type 2 diabetes and metabolic syndrome. Rising insulin levels drives fat into the liver. In some of us, the fat disrupts the function of the liver cell, and the repeated injury over time can cause cell death, inflammation, scar tissue and eventually liver cirrhosis.

At early stages, the damage is completely reversible. The injury to the liver is almost exactly the same as seen by alcohol abuse. The only difference between alcoholic and non-alcoholic fatty liver disease is the history of alcohol abuse. The pathologist cannot tell one from the other on the examination of a tissue biopsy. This leads to an important insight. Stopping alcohol abuse at an early stage completely reverses the disease as the liver is an organ that has a vast ability to regenerate itself. Stopping NAFLD is also possible by reversing the condition that caused it in the first place as long as the change occurs before serious damage has been done to the organ.

Because NAFLD is a consequence of metabolic syndrome, treating the syndrome is the most important aspect of preventing the damage to the liver. It is estimated that as many as 20% of people with fatty liver will progress to liver fibrosis and cirrhosis. It is also true that most of us that are overweight and who have NAFLD will improve dramatically with only a 10% weight loss. So if you are 200 lbs and have fatty liver, you should make your weight loss goal to be 20 lbs, and you will see a dramatic improvement in your blood liver chemistry tests, indicating a dramatic reduction in risk for serious liver disease.

With the present obesity problem in the Western World, it should give us an extra incentive to keep gaining those few extra pounds each year that we age. I take care of many older patients who never abused alcohol or drugs, but who present with signs and symptoms of cirrhosis and liver failure due to obesity, diabetes and metabolic syndrome. It can be managed, but like most diseases, an ounce of prevention beats a pound of cure.

Dr. Frank MacMillan, Jr, MD, FACG specializes in Gastroenterology and Liver diseases, is a Fellow of the American College of Gastroenterology and it's Massachusetts Governor. He is Vice President of the Massachusetts Gastroenterology Association. Dr MacMillan is a native of North Andover and practices Gastroenterology in Haverhill at Merrimack Valley Hospital, where he currently serves as the Chief of Medicine. He has also been a member of the North Andover Board of Health since 2007. You can email Dr. Frank at fpmacmillan@comcast.net

Gov. Baker Supports Bankrupting Medical Whistleblowers

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

On June 22, 2016, the Inspector General for Medicare and others in the Medicare Fraud Strike Force announced 301 indictments against doctors, nurses and others for committing around $900 Million in fraud, meaning stealing $900 Million from us tax payers.

"As this takedown should make clear, health care fraud is not an abstract violation or benign offense – it is a serious crime," said Attorney General Lynch.

Ordinarily that is news that automatically gladdens my heart. But something curious could not be wished away - none of the 301 frauds apparently involved Massachusetts. Here is something even more curious: They never do!

See it for yourself: https://www.justice.gov/opa/pr/national-health-care-fraud-takedown-results-charges-against-301-individuals-approximately-900

VP readers already know that Attorney General Maura Healey collects far fewer restitution payments per capita from hospitals than does the Attorney General of New York.

We are supposed to assume that Massachusetts hospitals and staff are remarkably uniquely immune to the temptation of Medicare fraud.

That could be one possibility. It would explain how fraud task forces routinely announce millions of dollars in fraud cases and indictments of hundreds of hospitals and doctors but never from Massachusetts.

Far more likely however is that people in authority in Massachusetts are fully aware of, complicit in, and officially support fraud by Massachusetts hospitals and their staff because the money comes into this state and gets spread around. Just like Switzerland protects it's banks from whistleblowers. http://blogs.wsj.com/moneybeat/2015/07/01/it-just-got-more-risky-to-violate-swiss-bank-secrecy/

Compliance experts are clear that in order for white collar crime like fraud to be combatted successfully, there needs to be strong leadership from the top down. This means that when someone reports to the leaders that something is fishy, the leaders need to immediately take it seriously, investigate independently and boldly go where the evidence takes them.

Compare this with the reality of Governor Charlie Baker's office.

I handed over evidence documenting serious fraud and corrupt collusion with hospitals by the Board of Registration in Medicine to Michael Kaneb, the Governor's Deputy Legal Counsel (with copy to Lon Povich, the Chief Legal Counsel).

Not only did Kaneb refuse to investigate, he actively chose to support unlawful corruption by that state agency's employees. He also discussed me with the Board and Attorney General Maura Healey. They were united against me.

And when I personally informed the Governor's Deputy Chief of Staff Michael Vallarelli that the Board is institutionally corrupt, his immediate response was "I doubt Secretary Sudders will agree with you."

Deputy Chief of Staff Vallarelli then refused to investigate either; and Secretary Sudders of course has not bothered to contact me even once.

Why would anyone, especially those on a public salary, risk his/her job to report fraud and crime to Governor Charlie Baker when this is the attitude and push-back they get?

Not only is there an absolute lack of interest in hearing what you have to offer, his people actively shut you down and report you to the criminals instead.

And the Attorney General confirmed to me in writing that she has never enforced the Healthcare Whistleblower Protection statute - MGL Ch. 149 section 187. Given this reality why would you blow the whistle on fraud?

Despite the $750 Million budget deficit, Governor Baker would rather eliminate services than recover the stolen money. Even if fraud restitution comes to only $1 to 2 Million a year, how many more addiction recovery beds will that support?

The Globe's Spotlight team complained - "By almost any measure, Massachusetts has lost the leadership role it once had in mental health care." - while analyzing the closure of psychiatric hospitals by Charlie Baker in the 1980s and Secretary Sudders' heavy ongoing opposition to mandatory treatment for dangerous psychiatric patients who predictably then kill people.

And last month VP readers learnt about the B oard's corrupt collusion with hospitals and pharma companies that has harmed two caring innocent doctors, one of whom, along with his wife and 3 daughters, is now weeks away from homelessness because Governor Charlie Baker actively refuses to stop the violation of the basic human rights of people who oppose medical fraud - the right to earn a living and provide for their loved ones.

Governor Charlie Baker actively supports bankrupting medical whistleblowers.

As long as this is the leadership we have up top, there shall continue to be grand announcements of indictments against hospitals and doctors, all from outside Massachusetts.

The fish rots from the head down.

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What You Need to Know About Fibromyalgia

The Doctor Is *IN*

Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

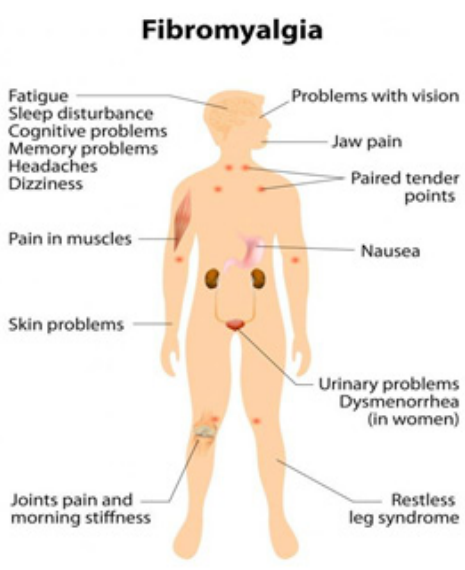
Fibromyalgia is a chronic disorder marked by widespread, unexplained pain in the muscles and joints. It's not a disease. It's a syndrome, which is a collection of symptoms that occur together. Although many people think of it as an arthritic condition due to the symptoms, it's not a type of arthritis.

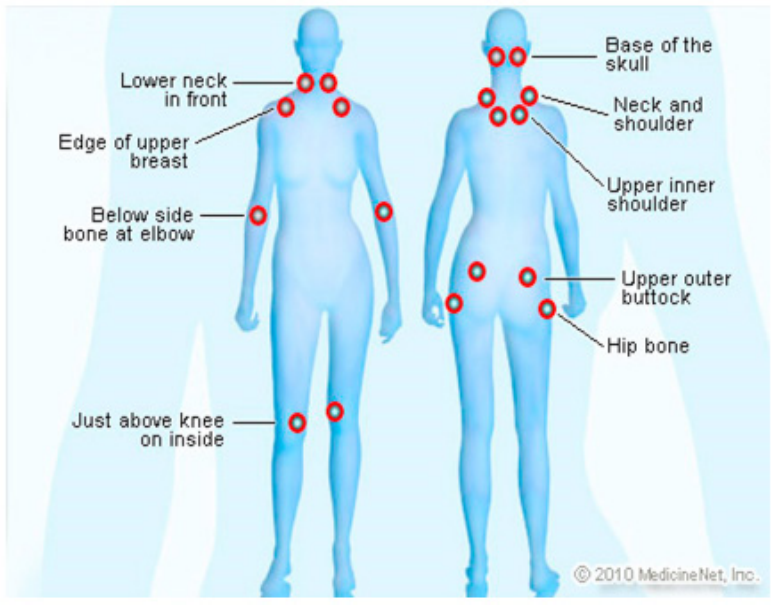
The condition is often associated with tender points, which are termed "trigger points." These are places on the body where even light pressure causes pain. According to standards published by the American College of Rheumatology in 1990, a person can be diagnosed with fibromyalgia if they have widespread pain and tenderness in at least 11 of the known 18 trigger points. Newer guidelines don't require a tender point exam. Instead, a fibromyalgia diagnosis can be made if a person has had widespread pain for more than three months with no underlying medical condition that could cause the pain.

Common trigger points include:

- the back of the head
- tops of shoulders
- upper chest
- hips
- knees
- outer elbows

A consistent dull ache through the entire body is also common. People with this disorder may also have: fatigue, trouble sleeping, headaches, depression and anxiety.





Although the causes are unclear, fibromyalgia flare-ups can be the result of stress, physical trauma, or an apparently unrelated systemic illness like the flu. Symptoms may be a result of the brain and nerves misinterpreting or overreacting to normal pain signals. This could be possibly due to an imbalance in brain chemicals.

Doctors don't know what causes fibromyalgia which may affect up to 5 million patients every year, but it most likely involves a variety of factors working together. These may include:

- Genetics. Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.
- Infections. Some illnesses appear to trigger or aggravate fibromyalgia.
- Physical or emotional trauma. Post-traumatic stress disorder has been linked to fibromyalgia.

Risk factors for fibromyalgia include:

- Your sex. Fibromyalgia is diagnosed more often in women than in men.
- Family history. You may be more likely to develop fibromyalgia if a relative also has the condition.
- Rheumatic disease. If you have a rheumatic disease, such as rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

The pain and lack of sleep associated with fibromyalgia can interfere with your ability to function at home or on the job. The frustration of dealing with an often-misunderstood condition also can result in depression and health-related anxiety.

While there is no lab test to confirm a diagnosis of fibromyalgia, your doctor may want to rule out other conditions that may have similar symptoms. Blood tests may include:

- Complete blood count
- Erythrocyte sedimentation rate
- Thyroid function tests

Treatment:

There is no cure for fibromyalgia. However, symptoms can be treated with both medication and non-drug treatments. Many times the best outcomes are achieved by using multiple types of treatments. Medications: The U.S. Food and Drug Administration has approved three drugs for the treatment of fibromyalgia. They include two drugs that change some of the brain chemicals that help control pain levels: duloxetine (Cymbalta) and milnacipran (Savella). Older drugs that affect these same brain chemicals also may be used to treat fibromyalgia. These include amitriptyline (Elavil) and cyclobenzaprine (Flexeril). Other antidepressant drugs can be helpful in some patients. Side effects vary by the drug. The other drug approved for fibromyalgia is pregabalin (Lyrica). Pregabalin and another drug, gabapentin (Neurontin), work by blocking the over activity of nerve cells involved in pain transmission. These medicines may cause dizziness, sleepiness, swelling and weight gain.

It is NOT recommended opioid narcotics for treating fibromyalgia. The reason for this is that research evidence suggests these drugs are not of great benefit to most people with fibromyalgia. In fact, they may cause greater pain sensitivity or make pain persist. Tramadol (Ultram) may be used to treat fibromyalgia pain if short-term use of an opioid narcotic is needed. Over-the-counter medicines such as acetaminophen (Tylenol) or nonsteroidal anti-inflammatory drugs (commonly called NSAIDs) like ibuprofen (Advil, Motrin) or naproxen (Aleve) are not effective for fibromyalgia pain. Yet, these drugs may be useful to treat the pain triggers of fibromyalgia. Thus, they are most useful in people who have other causes for pain such as arthritis in addition to fibromyalgia.

For sleep problems, some of the medicines that treat pain also improve sleep. These include cyclobenzaprine (Flexeril), amitriptyline (Elavil), gabapentin (Neurontin) or pregabalin (Lyrica). It is not recommended that patients with fibromyalgia take sleeping medicines like zolpidem (Ambien) or benzodiazepine medications. Other Therapies: People with fibromyalgia should use non-drug treatments as well as any medicines their doctors suggest. Research shows that the most effective treatment for fibromyalgia is physical exercise. Physical exercise should be used in addition to any drug treatment. Patients benefit most from aerobic exercises. Cognitive behavioral therapy is a type of therapy focused on understanding how thoughts and behaviors affect pain and other symptoms. Other complementary and alternative therapies such as acupuncture, chiropractic and massage therapy, can be useful to manage fibromyalgia symptoms. Many of these treatments, though, have not been well tested in patients with fibromyalgia.

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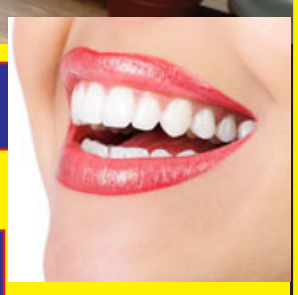
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Senate Passes Acts to Protect Puppies and Kittens

The Massachusetts Senate passed several bills last month aimed at protecting animal welfare.

Senate Bill 2369, "An Act to Prevent Animal Suffering and Death," seeks to avoid the negligent exposure of animals to extreme temperatures by prohibiting the confinement of animals in a motor vehicle during extreme heat or cold. Should an animal be left in a vehicle alone, the bill authorizes animal control officers, law enforcement officers, and firefighters to enter into the vehicle in order to prevent imminent injury or death of the animal. Importantly, members of the general public would also be authorized to use reasonable means necessary to extract an animal confined in a motor vehicle. Good Samaritans would be immune from criminal or civil liability related to their efforts to save the animal.

"I was a co-sponsor of the original version of this bill, which not only aligns Massachusetts with 22 other states that have similar laws on the books, but goes one step further by allowing everyday citizens to take reasonable steps to save an animal they encounter in distress," said State Senator Kathleen O'Connor Ives .

Anyone who attempts to rescue an animal confined in a vehicle must (1) determine that there are no reasonable means of egress for the animal from the vehicle; (2) have a good faith and reasonable belief that entering the vehicle is necessary to prevent imminent danger to the animal; (3) notify law enforcement; (4) not use more force than reasonably necessary to enter vehicle; and (5) remain with the animal in a safe location until first responders arrive.

Additionally, S.2369 prohibits the tethering (tying with rope or chain) of dogs outside for more than 15 minutes during a weather advisory, warning, or watch or when outside environmental conditions, including extreme heat and cold, wind, rain, snow, or hail, pose s an adverse risk to the health and safety of the dog.

Senate Bill 2370, "An Act Relative to Protecting Puppies and Kittens," places certain regulations on breeders of dogs and cats in order to ensure the health of puppies and kittens destined for sale in the Commonwealth. The bill allows for limited municipal inspections of kennels and catteries maintained by breeders, subject to municipal regulations. Currently, only kennels are subject to such inspections. The legislation also tasks the Department of Agricultural Resources to make rules and regulations for commercial breeders and persons keeping at least eight non-spayed female dogs or cats between one and eight years of age.

The bill also prohibits the sale of dogs and cats younger than eight weeks of age and sets forth a process by which an animal suffering from a significant adverse health condition may be declared "unfit for purchase" by a veterinarian. A buyer of a dog or cat may also seek compensation should their new pet be deemed unfit for purchase, including a refund for the animal or reimbursement for reasonable veterinary fees.

Pet shops would also be prohibited from purchasing a dog or cat for resale that originated at, or was purchased from, any breeder or other entity that was not properly licensed, had its license suspended within the last 5 years, or committed certain violations of the Animal Welfare Act.

Senate Bill 2375, "An Act Protecting Abandoned Animals in Vacant Properties," requires the lessor or property owner of a property that has been vacated as a result of mortgage foreclosure, termination of tenancy, abandonment, or some other form of removal or exclusion of a tenant from a premises, to inspect the property within three days of being vacated for the presence of abandoned animals. If an animal is found in the vacated property, the lessor or property owner must contact an animal control officer .Any lessor or property owner that fails to conduct such an inspection would be subject to a civil fine of not more than $500 for a first offense and not more than $1,000 for each subsequent offense. Money collected from fines resulting from the violation of this legislation would be deposited into the Homeless Animal Prevention and Care Fund.

All three bills now go to the Massachusetts House of Representatives for their consideration before becoming law.

Robin's Kitty Corner

Tails from the City

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

July---a great month for fireworks, cookouts, beaches, and……TNR. What in the world is TNR? TNR stands for: Trap-Neuter-Return.

After becoming aware of the number of cats roaming the alleys of Lawrence, and the number of kittens being born in unsafe conditions, I have developed both a fondness for feral cats, as well as a desire to help them. Over the past 2 years, I have trapped hundreds of these cats. I have sat quietly for hours holding onto a string, waiting for a cat to enter a trap when it is 20 degrees out. This may not sound like much fun, but it is actually quite rewarding when you finally catch that hard to trap cat.

After the cats are trapped, they are brought to Nevins Farm (MSPCA), where they are spayed or neutered, vaccinated for distemper and rabies, and ear-tipped so that they can be easily identified. If you look closely, you may see a cat in your neighborhood with the top piece of his/her left ear missing. You may initially think the cat has been in a fight, but this is actually done so that the cat can be easily recognized as a cat that has already been trapped and spayed or neutered.

After surgery, the cats are returned to their outdoor homes. This has resulted in groups of cats that form small stable colonies, rather than groups of cats whose numbers expand exponentially.

Unspayed female cats can have as many as 3 litters of kittens per year. Over 50% of these kittens do not survive due to harsh weather conditions, predators, and poor health. Unfortunately, I have found some of these kittens when it is too late and it is absolutely heartbreaking. Their mothers face constant suffering. They can become pregnant at 6 months of age and continue to have litter after litter, year after year. Spaying the females puts an end to this continuous cycle. Neutering male cats has many advantages as well. It prevents a lot of nuisance behavior, such as spraying, yowling, and fighting for territory and mates. Vaccination improves the health of the cats and helps prevent the spread of diseases. So these cats can go from being pests in the neighborhood that are reproducing at an alarming rate, to becoming an outdoor pet of sorts.

I know what you're thinking…… wouldn't it be better if we could find homes for these cats and get them off the streets? Well, yes. Some of the cats that I trap are actually not feral at all. They may be strays or lost or friendly enough to be adoptable. In these cases, the cats are not returned to the outdoors at all. They are scanned for a microchip, given any necessary medical care, and adopted out or reunited with their owners. Feral cats, on the other hand, do not make suitable pets and cannot be adopted out.

What is a feral cat, exactly? Simply put, a feral cat is a cat that is not socialized to human beings. Feral cats are afraid of humans. If you try to approach a feral cat, it will most likely run away. Feral cats have lived all or most of their lives outdoors. They are used to being outside, and they do not do well when confined. They tend to bond with only one person (their caretaker). A person who is feeding a feral cat may be able to get close to the cat and even pat the cat. But, when you attempt to bring that cat indoors, it becomes very stressed and unhappy and will spend its time hiding or attempting to get back outside. Of course, there are exceptions to every rule, and I would never discourage anyone who is trying to help an animal and improve its well-being and its chances of survival.

Providing a feral cat with a steady food source, water, and a shelter to get out of the cold (a dog house with a bed of straw, a feral cat shelter, and a bed inside a shed or garage) will dramatically improve the life of a feral cat. Getting that same cat spayed or neutered will improve not only the life of the cat, but that of the community where the feral cat lives. Feeding a cat on your doorstep every day is a humane thing to do. Feeding an ever expanding colony of cats is overwhelming - so is watching litter after litter struggle to survive. I urge people to do the humane thing and have that cat trapped and spayed or neutered. I truly believe that TNR makes a difference—both for cats and for the communities in which they reside.

Note: All trapping is done humanely. The MSPCA (Nevins Farm) will spay or neuter and vaccinate the feral cats in your yard for free. The MSPCA will spay or neuter and vaccinate and microchip your pet cat for only $10.00 if you live in Lawrence, Haverhill, Lowell, or Methuen.

For questions, please E-mail me at: Robinjd@comcast.net

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FROM ISRAEL TO THE VALLEY PATRIOT

The Most Incredible Day in Israel: the Day Gilad Shalit Came Home

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

Ten years ago, on the morning of June 25, 2006, IDF Armored Corps Corporal, Gilad Shalit, was taken hostage by Hamas terrorists who attacked from Gaza via a terror tunnel.

I remember the news flash and the horrible sick feeling in the pit of my stomach. Two other soldiers were killed in the same attack - Hanan Barak who was just 21 years old and Pavel Slutzker, 20 years old. Two weeks later Hezbollah attacked in the north and the Second Lebanon War began.

This article is not about the day Gilad was taken hostage, the struggle to free him or even my thoughts about the deal that was eventually made to have him released. This is about the day Gilad came home. It was one of the most incredible days I have experienced in this amazing country that is full of remarkable experiences.

That day the entire Nation of Israel stopped. Frozen in place. Breath held. We were all waiting for Gilad.

Can you imagine an entire country, waiting for a single person?

On October 18, 2001, five years and four months after he was taken hostage, Gilad Shalit was released.

Israel is a country obsessed with numbers (sometimes that's all you can hold on to…). Each day, on the evening news, Israel counted the days of Shalit's captivity: 1,941.

1,027 is the number of Palestinian prisoners Israel agreed to release in exchange for Gilad. Many of them are murderers and masterminds of murder responsible for unleashing horror, terror, death and devastation on Israeli society.

1 for 1,027.

One 25 year old who sat in a dark hole, denied his most basic human rights… A prisoner while his friends learned to manipulate Facebook and Twitter, IPods and IPhones, travelled the world, went to college and (some even) got married.

1,027 criminals, including many murderers who have already proclaimed their pride for their deeds and spoken of how they would happily do the same again.

How do you balance the life of one boy who needed to be freed against more than a thousand who have already proven themselves very capable of hurting us? What do you say to the bereaved families who were promised that those responsible for the death of their loved ones would rot in jail for the rest of their lives? What do you say to the future families who will be bereaved and injured by the terrorists set free? What do you say when the next Israeli is kidnapped and held hostage by terrorists who desire the release of even more prisoners?

Like a trapped wild animal, the people of Israel gnawed off an arm and a leg in order to save the heart. The people of Israel are fierce. What is more fierce than a mother defending her cub? We hurt ourselves deeply to save the one who needed rescuing NOW.

It was a Tuesday. The heart of the nation beat as one. We all sat glued to television screens waiting to see a sign of life from Gilad. Israelis who felt betrayed by the release of their loved ones' murderers, Israelis who understand firsthand what this release means for the future victims of terrorism, watched as well. They too were waiting to see Gilad.

People watched television at home, at work, at shopping malls… waiting to see Gilad alive, waiting to see him come home.

First we heard that Gilad had been recognized by the Egyptians and that he was ok. Good news but we wanted to see him. No one had seen him for two years.

Then we saw it on Egyptian TV. Gilad's (armed) captors taking him out of a car into a building. Our news commentators, cynical and jaded reporters, shouted for joy to see him: "It's him! It's Gilad! And he's walking on his own two feet!"

Next we watched as Gilad was interviewed by an Egyptian reporter. Painfully thin and in obvious shock (to suddenly be around so many people and so much light) we watched Gilad answer the barrage of questions thrown at him by the reporter. Helplessly we witnessed this psychological battering; proudly we listened to Gilad's thoughtful, measured responses.

The years of captivity and loneliness had not driven him out of his mind.

GILAD: PAGE 27

METHUEN: FROM PAGE 5

revenue problem. The city needs to learn to live within its means. After reviewing the FY 2016 Appropriations Budget and the mayor's FY 2017 Proposed Budget, I offered a list below to consider when making cuts. Again, these proposed cuts in increases were intended to be a starting point for discussions:

- Human Resources $9,810 (Increase of 2% instead of 6%)
- Treasurer $46,257 (Level fund instead of 9% increase)
- Ec. & Comm. Development $160,108 (Increase of 2% instead of 12%)
- Assessment $13,150 (Increase of 2% instead of 5.35%)
- DPW $191,058 (Increase 3% instead of 6.5%)
- Police Services $715,648 (Increase of 3% instead of 9%)
- Fire Prevention $560,705 (Increase of 3% instead of 9%)
- Reduce DPW Non-Snow Overtime by 30% $72,000 out of $240,000

Our city employees across departments do a commendable job, but the City of Methuen's budget is not sustainable in the long-term. If current spending trends in the city continue, it is very likely that police officers, firefighters, city workers, and school employees will be laid off next year or the following year if the city does not receive additional State Aid . None of us want to see this happen. I urge members of the city council to begin planning for the future financial stability of our city. I am not looking to change any of the benefits that have been promised to current workers and retirees, but our current level of benefits needs to be reigned in. This means that retiree health insurance contributions for new city hires needs to be increased. Also, sick-time buy-back and longevity benefits need to be reduced and phased out in future contracts for new hires, while maintaining our promises to existing employees. When the city takes the lead on these issues, the school department will be in a better position to negotiate these items in future contracts

Many people in our city do not make the connection between the overall city budget and the school department because they are unaware of the existence of chargebacks. Years ago, the City of Methuen negotiated an agreement with the Methuen School Committee to implement a system of Chargebacks to the school department. In other words, the Methuen School Department pays a percentage of the budget for other city departments each year. So when the budget is increased for other city departments, the school department is billed additional monies by the city to cover those costs. It is not unusual for a city or town to have chargebacks, but at its June 13, 2016 Meeting, members of the Methuen School Committee voted 6-1 (the mayor voted against) to request an independent state audit of chargebacks to ensure that the school department is not being charged for city services that it does not utilize.

I understand that we have many senior citizens in our community living on a fixed income. Those relying on Social Security benefits have not seen a cost of living increase in 2 years. We need to be mindful of this when setting the property tax rate. City Auditor Tom Kelly stated that we can expect the average homeowner's tax bill to increase by about $200 this coming year. Property tax rates have been spiraling out of control. In 2013, the average homeowner saw an increase of 3%. In 2014, with reassessments, that rate increased nearly 9%. Finally, in 2015, we saw an average increase of 6%. It is true that fixed costs in the city, including retiree health benefits, increase each year. I call upon the mayor and the city council to address the city's long-term budget. The mayor's suggestion of a Proposition 2 ½ override is not the answer. The city needs to reign in spending.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/ Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

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NOTEBOOK FROM PAGE 9

laws that violate the 2nd amendment to the constitution. Since sanctuary cities have been deemed legal, I say we should have sanctuary cities for gun owners. That way, if you want to live in a city or town like Lawrence that harbors criminal illegal aliens and put your own lives and the lives of your family in harm's way, that's your choice while the rest of us would also be free to live in a community that allows us to own whatever weapon they want without being turned over to into the feds by local law enforcement.

METHUEN FREE SUMMER MOVIE SERIES - Each Thursday night in July, a feature film will be shown at Greycourt Park at dusk (a little after 8 p.m.). Be sure to bring a blanket to sit on and some bug spray. Parking is available at City Hall. This year's offerings include: Minions on July 7; Back to the Future on July 14; Inside Out on July 21 and Shaun the Sheep on July 28. Co-sponsored by our friends at Doctors Express and The Savings Bank. A special thank you to City Councilor Ron Marsan who will, again, be providing free popcorn!

FALL BULB SALE - The Middlesex Conservation District, will be holding its annual Fall Bulb and Perennial Sale on 9/23 (3-6pm) and 9/24 (8am-noon) at Verrill Farm, 11 Wheeler Rd, Concord, MA.

All items may be pre-ordered for best selection through August 31 by visiting our website at www.middlesexconservation.org, or emailing middlesexconservation@yahoo.com to receive a print catalog. The sale features tulips, daffodils, specialty bulbs, iris and perennials; all proceeds benefit the District's conservation programs.

For more information please call 978 692 9395.

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COFFEE ON THE LIONS

The Lions of Lawrence invite you to learn about the City of Lawrence's best kept secret at "Coffee with the Lions" on Tuesday, July 12th at the Coffee Cann Cafe, 290 Merrimack Street Lawrence at 7:45 AM. Come learn what Lionism is all about and how the Lawrence Lions - one of the oldest and proudest clubs in the District - has served residents of the Greater Lawrence area. Coffee is on the Lions, come join and help the club continue to be part of the Lawrence heritage.

NEVINS PASSION FOR FASHION SHOW -September 15th at DiBurro's Function Facility in Bradford. Models are practicing their walks, designers are designing over the top fashion and DiBurro's is shining the silver; all in anticipation of this fabulous night to benefit the Nevins Alzheimer's Program. Nevins Family of Services is a non-profit organization that cares for seniors and those with developmental delays. Join Nevins Family of Services and help support the Alzheimer's Program.

What Do You Want Me To Do For You?

Peter Larocque
VALLEY PATRIOT COLUMNIST

Jesus asked this question of blind Bartimaeus who was begging by the highway outside of Jericho which is recorded in Mark 10:46-52. What was Jesus thinking when He asked him this question? Was He just joking around with him?

No, Jesus knew that healing Bartimaeus would not be a tough thing to accomplish since in almost every city that he visited the blind received their sight, the lame walked again and lepers were cleansed and the dead were raised up! So why then would Jesus ask this question of a blind man?

Imagine Jesus showing up at your home one day and asks you the same question, what do you want me to do for you? Most of us would probably respond with why are you asking me this when it is I who should be asking you, Jesus, what can I do for you? We are the ones who are supposed to be doing the serving, right? That's what we have been told is the responsibility of every Christian, to serve our Lord Jesus!

Well my fellow Christians, let's look at what two sisters did who had Jesus show up at their house, we read this in Luke 10:38-42, "Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house.39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me.41 And Jesus answered and said unto her, Martha , Martha , thou art careful and troubled about many things:42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." One sister treated Jesus like most of us would which would be to immediately go to the kitchen to prepare some food, to serve him because that is what one is supposed to do, be hospitable! The other sister treated Jesus like He had something much better to serve her with than what she could ever serve Him with! Martha was in the kitchen attempting to serve food to the one who served food to thousands with a small amount of bread and fish.

Mary was at the Master's feet listening to His word, the real food that would sustain her for much longer than what Martha could ever whip up in the kitchen. Martha gets all caught up in her much serving and then tries to get Jesus to tell her sister Mary to get up and help her in the kitchen, but Jesus responds with, Martha you are anxious and troubled in your service, your sister Mary on the other hand has chosen the one thing that is needful which was to sit at his feet and listen to His Word and because of that choice, her blessing would not be taken away from her. To this day we can read about what she did. (Mary's blessing turned out to be that she was the only one who got to anoint Jesus' body for burial and that forever would be told of her. The other ladies among Jesus' followers came too late to anoint Jesus' body that Special Sunday Morning because when they arrived, He had already been Raised! Mark 14:3-9).

Now please, do not get me wrong, I am not against serving our Lord Jesus Christ and our Heavenly Father, but when you have Jesus in your house serving the Bread of Life just what do you think you should be doing? Remember what Jesus said about himself, Mark 10:45, "For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many." Jesus is still serving us today!

We are all broken people in some fashion or another. We bring absolutely nothing to the table, so what possibly could we have that we could serve him with? Exactly, nothing! This is why there are some Christians who have burned out! They are running around on an empty tank! Martha was burning herself out with her much serving when she really didn't need to. Why? Because she had the Master right there in her house. All she needed to do is stop and sit at his feet and listen and be filled! Jesus is the same yesterday, today and forever and he still wants to serve us today! That's right, He wants to serve us! What do you think he is doing today as he sits at the right hand of God? He is serving us, making intercession for us, feeding us.

Once we are filled, then we can go and serve The Lord and others. We can bring the Word of Life to a crying dying and lost world! We can serve them the Bread of Life today by pointing them to Jesus!

So when Jesus comes to your home, stop what you are doing and allow Him to ask you, what would you like Him to do for you!

Oh by the way, after Jesus asked blind Bartimaeus, what would you like me to do for you, he responded to Jesus, "Lord that I might receive my sight." And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way." He was able to follow Jesus after his need was met.

We too can follow Jesus and serve him and be a help to others but only after He first fills us and nourishes us with that one needful thing, His Word, The Bread Of Life. Only then we can effectively serve and say to this dying world, such as I have, give I thee!

Love you all!

Peter Larocque, Married to wife Pam 34 Years, 3 wonderful children, blessed with 3 grandchildren, former Lawrence School Committee Member-2006-2009, Baker with Demoulas Market Basket, 16 years.

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GILAD: FROM PAGE 25

He was weak and it looked like each breath came with difficulty. We breathed with him as he spoke, as if we could breathe deeply for him, instead of him, infuse him with oxygen and return his strength.

We waited to hear that Gilad had left Egypt, to hear that he was on Israeli soil. Doctors checked him to learn what kind of medical attention/rehabilitation he needs. He was given a fresh uniform to wear home. And he called his parents.

Next Gilad was taken by helicopter to the army base where his parents were waiting for him. Sometimes simple words are the most beautiful: "Air traffic control we are 7 minutes from landing. We are, bringing Gilad home".

Home.

The nation watched as the helicopter landed and the door opened. Gilad came out. Thin and weak, it looked like he could barely breathe.

When he saw that Israel's Prime Minister Benjamin Netanyahu was standing on the tarmac, waiting to greet him, Gilad pulled himself together, stood straight and tall and gave a soldier's salute.

The Prime Minister held his hand out to Gilad, as if to shake his hand. Instead he pulled Gilad to him and gave him a strong hug: "It's so good to have you home. Come, your parents are waiting for you. I will take you to them."

On the way to where his parents were waiting Gilad was greeted by the Minister of Defense and the IDF Chief of Staff. Gilad saluted the Chief of Staff and in return got another hug and some positive encouragement: "We're proud of you, be strong and everything will be ok."

We watched as Gilad hugged his father. What do you say to a son who has been sitting alone, in captivity for more than 5 years? What do you say to your dad? The Prime Minister wiped a tear from his eye as father said to son: "Come see your mom."

He was home. Finally. One could almost hear a collective sigh of relief. (In some homes there were also sighs of grief but no one felt capable of dealing with them. On this day the nation wanted to celebrate.) But celebrations could not begin until the Shalit family was back in their home, all of them together. We waited to hear the doctors' decision – could Gilad go home or would he need hospitalization? Was he strong enough to make the ride to their home in northern Israel? Maybe he could be taken by helicopter?

Shops, buses and fences across the nation were plastered with huge signs made specifically for this day – the signs had a picture of Gilad and said: "It's so good to have you home!" Others said: "We are sending Gilad a huge hug. Welcome home!" The residents of Gilad's town had special t-shirts made with the same image and greeting: "It's so good to have you home!"

When it was announced that Gilad and his family would be brought home by helicopter, the residents of the town and other well-wishers began gathering at the entrance of the community. The helicopter flew over and Gilad looked out from above, seeing the sea of people waiting for him, celebrating his return. The helicopter landed outside the town and he was driven to his home in a van, through the multitude waiting to greet him. All these people were singing, dancing and waving flags just for him!

Everyone wanted to see Gilad, to watch him walk into his home. After that we could all breathe again.

Can you imagine an entire country, waiting for a single person? Not a particularly important person or the son of someone important… just a regular guy.

Gilad was just one person – one boy, one man, one soldier. He could have been any of us.

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Baby Boomer Brain Drain

Celeste Begley
RITE AT HOME

America's more than 76 million baby boomers—those born between 1946 and 1964—are known for shaping new cultural trends in music, fashion, politics, the economy and everyday life. Think Beatlemania, bellbottoms and lava lamps or. Or, smiley faces, Barbie dolls and casual chic. Now this same trendsetting generation is shifting America's workforce by retiring and creating a business "brain drain."

This older worker brain drain, also called "human capital flight," leaves mega corporations to smaller businesses with a void of accumulated leadership and skills expertise. The retiring men and women who helped develop and oversee top products, equipment, marketing strategies and client relationships forge a substantial knowledge gap for companies. The years of cultivating industry networks, increasing sales and ensuring reliable service are at risk when boomers move on from their careers.

The Social Security Administration and other government sources note that over the next two decades, 10,000 baby boomers in America will retire every day, or roughly 4 million workers a year. More than half of these older, seasoned employees hold company leadership positions. Industries with greater numbers of veteran workers such as airlines, insurance, mining and utilities are facing more adverse effects of brain drain. As older, tenured employees retire, many employers are forced to rethink their entire workforce and means of doing business to fill critical positions and remain competitive in the marketplace.

"The country's baby boomers are living longer, and many would continue in the workplace but are retiring now because they are family caregivers for aging parents, spouses or other loved ones," said. Celeste Begley, Community Relations Director Right at Home Boston and North. "The win-win comes when companies retain their valued, older employees by negotiating incentives such as increased healthcare benefits, flexible hours and telecommuting."

AARP finds that as baby boomers age, the number of potential family caregivers for older loved one's decreases. This caregiver support ratio is expected to drop to 2.9 in 2050 from 7.2 in 2010. Considering that across America in 2013, 40 million people were unpaid family caregivers, a growing number of U.S. companies are factoring in family needs in their employee retention plans.

The following are suggested solutions for businesses to consider in slowing the older worker brain drain:

• Know the numbers. According to business.com, "Nearly two-thirds of Fortune 1000 companies believe they face near-term skilled labor shortages, but 68 percent of employers have not analyzed their workforce demographics and half do not track the percentage of employees eligible to retire within two years." Companies can assess their risk of brain drain by gathering updated personnel data including age, tenure and job positions. Looking at the big picture of employees will help determine the most beneficial workforce for the right jobs over time.

• Adjust work arrangements. To decrease boomer departures, companies can review their policies and schedules to accommodate greater flexibility with senior employees. What about compressed workweeks, job-sharing or part-time hours? Is working from home a doable option?

• Pair senior employees with emerging leaders. Instead of being stymied as older employees prepare to retire, businesses can tap into the wealth of experience of seasoned workers by assigning them to mentor younger successors. Fortunately, the majority of up-and-coming younger employees welcome working with business veterans. Involving senior workers in new-hire and departmental trainings is a proven way to transfer workplace wisdom.

• Document processes and procedures. Involving older workers in compiling a detailed company history with specifics on the business ' internal workings is essential. Another proactive step is to talk with senior employees to gather their firsthand recollections and perspectives on workflow and technical operations. Questions to ask include the following: Over the years, what were the company's greatest challenges and how were these solved? What do you recommend as ways to improve and grow business?

As baby boomers continue an exodus from the workplace in the years ahead, many firms are hiring back long-term employees as project-based consultants to solve specific problems or work on projects that require a sought-after skill set. Companies value these experienced veterans who can hit the ground running, and boomers value the adaptable hours, extra pay and opportunity to keep engaged. Together, both businesses and long-time workers nationwide are creating beneficial ways to turn the country's brain drain into a brain gain.

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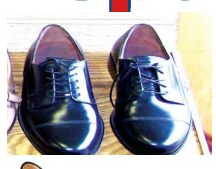

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(All properties are listed in order; seller, buyer, address, and price.)

ANDOVER

Robert and Wendy Barry, Michael and Susan Stempek, 7 Greenbriar Circle $685,000.00

Anshul Khorana, Tyagasamudram and Sujatha Venkatesh, 348 River Road Road Unit 2 $535,500.00

Samuel and Arabela Thomas, Matthew Hughes, 117 Shawsheen Road$415,800.00

Bartle One Family Trust, James and Lauren Townsend, 8 Talbot Road $551,000.00

Liang Fan and Lian Zhang, Sudip and Anita Sharma Ghimire, 9 Greybirch Road $680,000.00

Michael Hannabury and Heidi Langendoen, Magdalena Nascimento, 1 Colonial Drive Unit B1-6 $139,000.00

George Stone and Therese Lynch, Heather and Ashley Laing, 162 High Plain Road $534,300.00

Rayvon Realty Trust, Raymond Cormier, 23 Sunset Rock Road $686,930.00

James and Bette Jean Krieger, Richard Henry Boyd, 3 Redgate Drive$610,000.00

James and Bette Jean Krieger, Kelly Ross, 3 Redgate Drive

John and Mary Jane Sofio, Kimberly and Adam Scoll, 4 Hansom Road $700,000.00

Megan Woodman, Margaret Fitzgerald, 1 Powder Mill Sq. Unit 407A$399,900.00

Megan Woodman, Marc Comstock, 1 Powder Mill Sq. Unit 407A

Francis and Lisa Byrne, David and Sherry Waldman, 18 Tilton Lane $624,000.00

Linda and Richard Desjardins, Benjamin and Erin Gibson, 1 Fern Road $509,000.00

Taylor Cove Development LLC, Nora Anajarian, 34 Taylor Cove Drive Unit 17 $191,000.00

Bethania and Jeannette Blanco Ortiz and Joseph Stack, C&M Development LLC, 170 Salem Street$170,000.00

Hazel Family Trust, Danielle Hartley, 68 Carmel Road $524,500.00

Hazel Family Trust, Nicholas Moise, 68 Carmel Road

Josephine Lally, Robert and Jennifer Taylor, 53 Harold Parker Road $510,000.00

Craig and Kathleen George, Peter and Jade Dorsi, 5 Westminster Roadway $850,000.00

Richard and Minda Reidy, Jeffrey and Amy Hamilton, 3 Blueberry Circle $1,025,000.00

Irene and Cleve Taylor, Andrew and Nora Kay Pelt, 11 Beech Circle $397,500.00

Alessandro Zedda, Timothy and Danielle Bennett, 2 Anderson Circle $829,900.00

John and Amy Brodbine, Laura Adamski, 55 High Street Unit 6 $310,000.00

Francis and Ellen McNeice, Veronica Pennick, 16 Balmoral Street Unit 110$232,000.00

Kevin and Nancy Bagnall, Kai-Hui Chang, 7 Kathleen Drive$681,200.00

Kevin and Nancy Bagnall, Jun-Tsui Fan, 7 Kathleen Drive

Dharan Sakthi and Shitak Brahmbhatt, Roshani Sharma, 17 Keystone Way $749,900.00

Dharan Sakthi and Shitak Brahmbhatt, Sanjeev Khosla, 17 Keystone Way

Daniel and Maura Kathleen Custar, Robert Grossman, 116 Haverhill Street$600,000.00

Daniel and Maura Kathleen Custar, Kristin Coyle, 116 Haverhill Street

John and Patricia Wood, Brian and Callan Almeida, 77 Greenwood Road $460,000.00

Shirmac Realty Trust, Charles and Marie Hurley, 40C Washington Park Drive Unit 12$179,900.00

Lattanzi Family Realty Trust, Richard and Jane Lessard, 30 Bobby Jones Drive Unit 5-2 $711,500.00

Ann Visconti, Jennifer Lapon, 750 Brookside Drive Unit 750G $267,000.00

Terence Sanz, Daniel and Mckenzie Distefano, 5 Rogers Brook East$610,000.00

Ricky Chi Wah and Claire Waiping Lam, Balaji Iyer, 38 Sagamore Drive$602,156.00

Ricky Chi Wah and Claire Waiping Lam, Vijayalakshmi Swaminathan, 38 Sagamore Drive

Feng Shi and Huijuan Chen, Diem Tran, 205 High Street$625,000.00

Richard Vaillancourt, Peter Kelley, 8 Maple Ave. Unit 1 $200,000.00

Joyce Feola, Elizabeth and Marialisa Marciano-Mills, 39 Algonquin Ave.$580,000.00

Daniel and Shana Greenwald, Heidi Duskey, 5 Porter Road Unit 106 $223,000.00

Curtis and Simone Cote, Jayashiree Mohandas, 225 Highland Road $735,000.00

Curtis and Simone Cote, Prem Balasubramanian, 225 Highland Road

International Family Church Inc., Dino and Christiana Lancione, 84 Salem Street$699,000.00

Hassan and Aliya Ahmed, Tho Phung, 3 Andover Country Club Lane $1,125,000.00

Hassan and Aliya Ahmed, Thanh Tran, 3 Andover Country Club Lane

Benjamin and Christina Collins, Rebecca and Jay Lackey, 93 Gould Road$490,000.00

Gary Bennos, Nirlep Sanghvi, 55 High Street Unit 7$290,000.00

Jeffco Inc., Michael Ukropina, 230 Salem Street$1,054,900.00

Jeffco Inc., Kimberly Felton, 230 Salem Street

Joan Obrien, David and Jennifer Hamby, 12 Cedar Road $700,000.00

Adam and Kimberly Scoll, Atul Bansal, 1 Pine Cone Lane$685,000.00

Adam and Kimberly Scoll, Neha Aggarwal, 1 Pine Cone Lane

Suzanne Fontaine, Seung and Sang Lee, 18 Dale Street Unit 4-H $369,900.00

Dream Homes Realty LLC, American Training Inc., 468 Lowell Street$450,000.00

S&C Realty Trust 1 and Regan Trust, Gary Moore, 650 Brookside Drive Unit D$260,000.00

Michael and Marlene Geis, Frank and Michelle Penney, 5 Bristol Lane$615,000.00

Jean and Josephine Kadima, Whitney Griffith, 7 Iron Gate Drive$545,000.00

Jean and Josephine Kadima, Vanessa Tomchik, 7 Iron Gate Drive

Delude Realty Trust, Stephen and Melissa Martocchio, 5 Old School House Road$655,000.00

Daniel Armet, Mujde Yuksel, 7 Lowell Street$515,000.00

Daniel Armet, Clint Palermo, 7 Lowell Street

Steven and Susan Hirshberg, Christian Baker, 6 Blueberry Circle$975,000.00

Walker Realty LLC, Store Master Funding XI LLC, 514-516 S. Main Street$5,956,875.00

Michael and Susan Stempek, Huiqi Gan, 11 Delphi Circle$535,000.00

Kristopher and Michelle Coombs, Marco Anthony Molea, 10 Stoneybrook Circle$765,000.00

Diamond Capital Inc., Christopher and Archana Vitale, 3 Farrwood Drive$667,500.00

Doreen Ota, Robert Reynolds, 8 Binney Street$297,000.00

Doreen Ota, Sarah Hewitt, 8 Binney Street

Timothy and Lisa Manning, Heidi L Kurland 2016 Trust, 34 Juniper Road $957,500.00

Moon-Joo Bae and Junwon Lee, Michael and Francine Fritsch Gikow, 9 Mary Lou Lane$551,000.00

Marc and Kimberly Davidson, Amy Vinson, 41 West Parish Drive$720,000.00

Marc and Kimberly Davidson, Maureen Ventola, 41 West Parish Drive

Judith Stevens and William and Alan West, Ptarmigan LLC, 152 Haggets Pond Road$330,000.00

Jeremy and Victoria Zenlea, Marc V. Skipper, 474 Lowell Street$463,000.00

Jeremy and Victoria Zenlea, Cynthia A. Reynolds, 474 Lowell Street

Matrona Paone, Alexander and Elena Ulanovsky, 35-37 Dufton Road$480,000.00

Michael and Kathleen Shea, David Shields, 11 Arundel Street$529,000.00

10 Nutmeg Lane Realty Trust, Nita T. Pant, 10 Nutmeg Lane$585,000.00

Jeffco Inc., Diana Gonzalez Guzman, 22 Cuba Street $649,900.00

Francis W. Ferris Jr. Realty Trust, Paul Lezberg, $450,000.00

Jin Won and Young Hee Jun, Badra A. Syed, 8 Keystone Way$837,000.00

Jin Won and Young Hee Jun, Sumsun Nahar, 8 Keystone Way

Kenneth and Deborah Murray, Tao Zhang, 28 Orchard Crossing$748,000.00

Kenneth and Deborah Murray, Miao Yu, 28 Orchard Crossing

John Atchison and peter Macy, Richard and Linda Haltmaier, 8 Sutherland St $447,000.00

Robert Cohen, Wen Dan Wang, 197 High St $365,000.00

Robert Cohen, Jugrin Tantiwanichagul, 198 High St

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Han, 11 Jordyn Ln $985,000.00

Joseph and Carolyn Digiammo, Latt Tun Myint, 11 Jordyn Ln

Richard Gould, P&DT LLC, 242 Lowell Street $395,000.00

Alexander Mattei, Julian Gomez, 26 Marland Street $297,500.00

Suzanne Garceau aka Suzanne Loomis, Claudette and Jerome Sein, 16 Balmoral Street Unit 305 $239,500.00

Sean and Patricia Riley, Mark Wyeth, 19 Timothy Dr $1,060,000.00

Sean and Patricia Riley, Sheri Hallgren, 19 Timothy Dr

Myong Jung aka Mysong Yi, Nigel and Jacqueline Pheasey, 80 Central St $498,000.00

Katherine Hardy and David Doub, Susan Covington, 36 Hidden Rd $875,000.00

Thomas and Lisa Guy, Jonathan and Barbara Trachtenberg, 5 High Meadow Rd $1,420,000.00

LAWRENCE

Michael and Christine Jandreau , Vanessa Segara , 93 Beacon Street $305,000.00

Zunilda Villa, Candida Ynfante , 205 Ferry Street $335,000.00

Jose Leonardo, Roman Aquino , 15 Springfield Street $379,000.00

Reynaldo Rodriguez , Jorge Diaz Ortega, 190 Farnham Street $280,000.00

Jose Luis Vargas and Manuel Joaquin, Luis Manuel Rosario Burgos, 114 Olive Ave. $355,000.00

237 Essex Street Realty Trust , Lawrence City, 237-255 Essex Street $3,500,000.00

Fidelina Garcia , Betsie and Osiris Rodriguez , 268-270 Hampshire Street $378,000.00

Victor and Ceferina Mejia, Jorge Garcia, 32-34 Poplar Street $340,000.00

Victor and Ceferina Mejia, Ybonis Delacruz , 32-34 Poplar Street

Aurelys Santiago, Juan Villar Albino , 83-85 Boxford Street $386,000.00

Angel, Irma, and Vivian Nunez , Angel Rivera , 87 Dracut Street $245,000.00

Angel, Irma, and Vivian Nunez , Omayra Triana , 87 Dracut Street

Miguel Rosario , Arturo Pena , 30 Osgood Street $475,000.00

Miguel Rosario , Edwin Holguin, 30 Osgood Street

Giulietta LLC, Elvin Solis , 247 Salem Street $370,000.00

Nidhi and Siddharth Gehlot , Junior Rozon , 59 Mann Street Unit A $159,900.00

Lawrence City, 30 Melrose Street Condominium, 32 Melsrose Street $2,916.00

Homestead Realty Trust, Edwin Pedrosa , 274 East Haverhill Street Unit 18 $80,000.00

Homestead Realty Trust, Guillermina Vargas, 274 East Haverhill Street Unit 18

Roberto and Ana Hernandez , Alynette Colon , 467-469 High Street $355,000.00

Ramon Quiles, Jose Batista , 91-95 East Haverhill Street $390,000.00

Summer Street Condominium Trust , Jose Betances, 91 Summer Street Unit 1 $40,000.00

A & G Realty Trust , Pritapa, Sushil Kumar, and Kaushalia Davi Saini , 7 Mason Street $122,000.00

Sixto Herrera , Carmen Herrera , 26-28 Crosby Street $295,000.00

Rafael and Dulce Lora , Hugo Luciano , 9-11 Woodland Street $270,000.00

Rafael and Dulce Lora , Veronica Altagracia Rosario Deluciano , 9-11 Woodland Street

David and Judith McCarthy, Fae Holdings 466414R LLC , 203 - 209 Water Street $260,000.00

Ditech Financial LLC , Federal National Mortgage Association , 57 Exeter Street $142,800.00

Federal National Mortgage Association , Gerson Gomez , 151 Byron Ave. $230,000.00

Federal National Mortgage Association , Maria Rodriguez , 151 Byron Ave.

Margarita Ovalles , Ram Gupta , 75 Trenton Street Unit 1 $120,000.00

Gary and Susan Cebula , Tania Campusano , 44 Gorham Street $300,000.00

Yazmin Rodriguez and Andres Calderon , Milagros Alcequiez , 44 Alder Street $355,000.00

Federal National Mortgage Association, Cesar Adames , 310 South Broadway $239,900.00

Louis and Theresa Williams , Select Properties LLC , 2-2A Sylvester Street $170,000.00

Carlos Cortes , Anthony and Ingrid Rodriguez , 159-163 Water Street $358,000.00

Salina Realty Trust , Vincente Almonte , 24 Bennington Street $173,000.00

Adolfo and Julia Casado , Johanny Montas , 212-214 Walnut Street $375,000.00

Edwina Lemieux 2003 Revocable Trust, Daher Group Inc., 0 Warwick Street $64,900.00

Pacific Heights LLC , Domingo Gonzalez , 63-65 Bennington Street $260,500.00

259 Prospect Realty Trust, Milagros Ramierz Defernandez , 259 Prospect Street $200,000.00

Deborah Smith and Laurie Howe , Ryan Molloy , 23 Pilgrim $305,000.00

Deborah Smith and Laurie Howe , Tara Caruso , 23 Pilgrim

Wilmington Trust CO TR , Wilson Javier , 34 Fulton Street Unit 34 $116,000.00

Marilee Colon Soto , Elvyn Alamo , 33-35 Wesley Street $340,000.00

Dana Racine , Rose and Jose Pavao , 18 Crestwood Circle $287,500.00

Manuel Javier, Francisco Leger Paulus , 38 Cambridge Street $280,000.00

Manuel Javier, Maria Deaza , 38 Cambridge Street

Eugene L & Claire B Lacroix Irrevocable Trust, Angel Nunez, 80 Groton Street $250,000.00

Scott Alexander, Roger Bachand , 94 Beacon Street $50,000.00

Zulema Monroy , Redinson Guerrero Baez , 43-45 Texas Ave. $320,000.00

Mercedes Cruz and Santana Maria, Krystal Parra , 87 Foster Street $155,000.00

Patricia Fredette , Arthur Ford , 22 Gorham Street $260,000.00

Josephine Owen, Diverse Real Estate LLC, 161B Andover Street Unit 161B $95,000.00

Steven Taddonio and Angela Charpentier , Gilberto Mora, 216 Howard Street Unit 4 $145,000.00

Richard and Melynda Gordon, Angel Concepcion, 138 Marston Street $260,000.00

Federal National Mortgage Association, Crusilda Joaquin, 5-7 Currier Street $242,000.00

Debra and John Therrien, Santana Maria, 36 Spruce Street $177,000.00

P Realty Trust, Nunez LLC, 13 Wells Street $130,450.00

1ABENB Realty Trust, Julia Polanco, 92 Exeter Street $420,000.00

Minerva and Nelson Gonzales, Norma Santana, 19-21 Trenton Street $399,000.00

Diverse Real Estate LLC, Jose Leonardo, 182-184 Water Street $169,900.00

Nicaulis Cabrera, Marcelina Vasquez , 94 Dracut Street $152,000.00

Nicaulis Cabrera, Hamlet Camilo Santos, 94 Dracut Street

Aura Recinos, Basilio Pena, 68 Tenny Street $295,000.00

Auzirio M. Mendonca, Reyna Lina Gabin Devasquez , 345-347 Hampshire Street $288,000.00

Auzirio M. Mendonca, Euclides Vasquez, 345-347 Hampshire Street

Edwin Torres , Pritesh and Kinjal Patel, 4 Wedgewood Road Unit 4 $172,000.00

Audley H. Jones , Yamarlyn and Luis Tejada Sosa, 28-32 Chester Street $227,000.00

CJJ Realty Trust, Madison Tax LLC, 256-262 Essex Street Unit 1 $89,000.00

N & W LLC, Gregory Alvardo Gonzalez , 46 Washington Street $355,000.00

Gene Espinola, Brian Depena, 348 Broadway $100,000.00

Jose Molina, Ronaldo Rodriguez Vargas, 45 Swan Street $305,000.00

Nam Phan and Phillip Bova , Juan Diaz-Vargas , 5 East Haverhill St $95,229.00

Jose Martinez , Iris Ortiz , 3 Montgomery St $212,000.00

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Andres Castillo-Rijos and Maribel Guerrero , Julio Adonis Gross , 14-16 Clarence Ter $350,000.00

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Crispolo Guerrero , Essex Management & Realty Inc , 203-205 Saratoga St $210,000.00

Federal National Mortgage Association , Caridad Deleon Salazar , 130 Hancock St $93,000.00

Federal National Mortgage Association , Daniela Rodriguez , 130 Hancock St

Danny and Criselina Rivera , Yuverkis and Jose Montas , 95 Pearl St $250,000.00

Rosa Collazo , Norma Guevara , 14 Border St $209,000.00

Daniel Rivera , Alfredo Gil , 12 Jefferson St $239,900.00

Tiffany Garcia and Linda Schiavone , Jose Mena , 5 Bicknell Ter $285,000.00

John Raser and Amanda Cochrane , Andrew and Jessica Thistlethwaite , 45 Darthmouth St $272,000.00

Juan Abreu , Jennifer Hernandez , 135-139 Hancock St $399,500.00

Luis Vallejo , Eduard Pena , 98-100 Marble Ave $345,000.00

John and Sarah Mackinnon , Lina Castillo , 22 South St $228,000.00

John and Sarah Mackinnon , Maria Cuartas , 22 South St

Paul and Tuyet Mazhuthett , Mark and Betsy Wladkowski , 3 Danforth St $269,900.00

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Adam and Maimuna Chiocca, Jaymie Rosa, 8 Marie St $351,000.00

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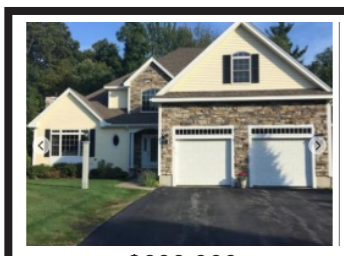

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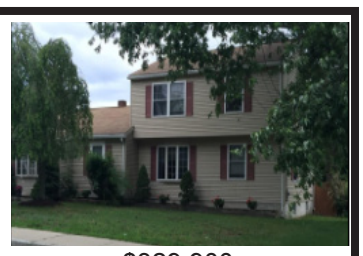

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Property Sales, Foreclosures for June, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

Alco Development LLC, Linda Lammi, 4 Dunrobin Circle Unit 85

Alcro Development LLC, Emmanuel Papanicholas, 4 Dunrobin Circle Unit 85 $559,900.00

Alfio Bellia, Guardian Management Nominee Trust, 945 Riverside Drive Unit 22B $123,000.00

Alice Lawrence , Ryan Coughlin, 21 Hampshire Road Unit 205 $210,000.00

Alice Lawrence , Samantha Farrell , 21 Hampshire Road Unit 205

Amelia Coughlin , Stephen and Christina Montgomery , 35 Coachman Lane $421,900.00

Arthur and Heather Poublon, Alexander Moss, 110 Rolling Ridge Ln $875,000.00

Arthur and Heather Poublon, Brooke Baldassari, 110 Rolling Ridge Ln

Barry and Katherine Mcgonagle, Oliver Aycock, 99 Arnold Street Unit B $180,000.00

Bia Van and No Thi Le, Hanh Le, 31 Lincoln Street $245,000.00

Bia Van and No Thi Le, Steven Mancini , 31 Lincoln Street

Bryan Mcmakin, Michelle Mcnulty, 27 Bentley Circle $184,900.00

Bryan Mcmakin , Michelle Mcnulty, 27 Bentley Circle $184,900.00

Carlos Pelaez, Rami and Mariana Ata , 28 Greendale Street $237,000.00

Carolyn Compton and Marie Hittinger, Edmund and Amanda Carafa, 116 Salem Street $250,000.00

Carolyn Compton and Marie Hittinger, Edmund and Amanda Carafa, 116 Salem Street $250,000.00

Charlene Villa and Derling Guante , Santiago Villa, 81-83 Ashland Ave. $357,000.00

Charo Lopez-Downs and Craig Downs, Elliliana Javier, 1-1A Richard Ave. $300,000.00

Christina Zappala-Ongpin, Rosemarie Farago, and John Zappala, Laurie Oteri , 9 Heather Drive Unit 5 $282,250.00

Colleen Stone , Manuel Alves, 15 Evergreen Ave. $260,000.00

Daniel and Heather Girard, Dilcia Echavarria, 135 Cross Street

Daniel and Jacqueline Ryan , Ana Delia Matos, 19 Henry Ave. $301,000.00

Daniel and Jacqueline Ryan , Joselito Ortiz, 19 Henry Ave.

Debra and Anthony Lazaris, Carol Fluet, 68 Clayton Ave $325,000.00

Denise and Daniel Finley, Kathleen Flaherty, 6 Amalfi Road $425,000.00

Denise and Daniel Finley, Kathleen Flaherty, 6 Amalfi Road $425,000.00

Denise and Daniel Finley, Anthony Noe, 6 Amalfi Road

Denise and Daniel Finley, Anthony Noe, 6 Amalfi Road

Dennis and Janet Hynes, Monserrate Santiago , 7 Bungalow Ave. $280,000.00

Dennis and Janet Hynes, Carmen Berrios, 7 Bungalow Ave.

Dennis Miladro and Patricia Privitera, Kamalkant and Shilpabahen Patel, 16 Valley View Way $525,000.00

Deutsche Bank National Trust Co TR, Household Enterprises LLC, 44 Calumet Road $164,000.00

Donna Legrand, James Long, 10 Arlington Street $179,000.00

Donna Legrand , Janine Burns, 10 Arlington Street

Doris, Francis, and Stephen Bragg, Steven Miceli , 10 Pelham Ave. $130,000.00

Earl and Lorraine Mcghee, Margaret Way LLC, 98 Forest Street $460,000.00

Edward and Ellen Domaracki, Joe and Sandra Freitas, 31 Millpond $525,000.00

Edwin Peek , Kelli and Brandon Davidson , 27 Frye Road $292,000.00

Elaine Parrino, Valley Auto Sales LLC, 249 Merrimack Street $450,000.00

Erin and Ryan Adamonis , Matthew English , 23 Hampshire Road Unit 409 $219,000.00

Faro Family Trust, Anthony and Jennifer Faro, 66 Golf Ave. $282,000.00

Federal Home Loan Mortgage Corp, Keila Dornelas, 231 Lowell Street $315,000.00

Federal Home Loan Mortgage Corp , Brittney and William Kannan, 1 Natasha Circle $462,500.00

GailDelucia and Christopher Spanks, Eric and Tiffany Coppeta, 2 Simone St $365,000.00

General Mills Ooperations Inc. , America Pelham LLC, 192 Pelham LLC $3,050,000.00

General Mills Operations LLC , 192 Pelham Street LLC, 35 Danton Drive $3,350,000.00

Homestead Village LLC , Torrisi & Burba Realty LLC , 380 Merrimack Street Unit 3-B $115,000.00

James A. Qualter Sr. & Irene Qualter 1995 Irrevocable Trust, Winwin Properties LLC , 44 Pinehurst Ave. $100,000.00

James and Lisa Macdonald, Robert and Cynthia Wolske, 27 Westwind Drive $439,900.00

Jared Blenke, Ivan Diaz, 566 Merrimack St $180,000.00

Jared Blenke, Davy Sin, 566 Merrimack St

Jean Chamoun and Marlene Aoun , Angela Nguyen, 3 Palermo Street $415,000.00

Jeffrey and Heidi Otis, Thomas and Jacquelyn, 35 Stevens St $322,000.00

Jeffrey and Kaitlin Doucette , Mary Ellen Hundal , 61 Tower Street $300,000.00

Joanne Rolli , Omar Amrani , 30 Danbury Drive Unit 30-3 $65,000.00

John and Caroline Webber, Kristina and Olegs Mise , 94 Compass PT Unit B1 $425,000.00

Joseph and Beverly Angelari , Derek Pickles, 15 Dale Street $290,000.00

Joseph and Valerie Palumbo , Erika Castillo , 945 Riverside Drive Unit 23A $150,000.00

Kaeren Lu, Mary Prince, 903 Alder Way Unit 903 $400,000.00

Karen Weiss and Donald Berry , Maria Collado , 27 East Brook Place $290,000.00

Kelly Wrisley , George Deroche, 1 Leah Circle Unit 178 $239,900.00

Kevin and Cynthia Curtis , Anthony Sanfilippo, 125 Weybossett Street $330,000.00

Kevin and Erin Lare, Tansheenah Newhall, 11 Albion St $261,000.00

Kevin and Erin Lare, Javier Reyes, 11 Albion St

Kim and Kenneth Duncan , William and Gloria Vieweg, 14 Emmons Way Unit 118 $482,000.00

Kristen Cheney and Craig Langlais, Michael Vacirca, 2 Coronet Ave $329,000.00

Kristen Cheney and Craig Langlais, Daniel Nickerson,

Kristen Cheney and Craig Langlais, Kristen Langlais,

Kyrsis and Julio Figueroa , Aaron Blanco , 14-16 Victory Drive $300,000.00

L & G Burke Realty Trust , Mark Barrucci , 15 Falcon Street $415,000.00

L & G Burke Realty Trust , Cheryl Oblenes, 15 Falcon Street

Lance and Suk Isherwood , Melmark Inc. , 11 Wildrose Drive $503,000.00

LLB Construction Inc. , Mary Berquist, 5 Barry Ave. Unit 2 $286,900.00

LLB Construction Inc. , Dylan Cuccio, 7 Barry Ave $286,900.00

LLB Construction Inc. , Raisa Sheikh, 7 Barry Ave

Lorraine G. Malignaggi, Michael Joaquin, 40 Fairview Ave. $379,000.00

Maple Park Reserve LLC, Karen Hills, 9 Mariah Drive $573,000.00

Mark Dechirico, Frantz Augustin, 2 Linwood Ave $290,000.00

Massachusetts Equity Investors LLC, Rhonda Lavin, 224 Hampshire St $243,800.00

Medo LLC , Marston Laser Holdings LLC, 60 East Street $550,000.00

Michael O'Neil, Danille Sanguedolce, 56 Newport Street $31,574.00

Michael O'Neil, Raymond Guy, 56 Newport Street

Miriam Phillips and Daniel Vogel , Ronald and Jamie Gallant , 67 Christopher Drive Unit 83 $270,000.00

Nopanee Simnam , Wanda Silva, 7 Schley Streey $174,500.00

NSS Three Sisters Realty Trust, Argishti Gukasyan, 25 Merrill Street $284,900.00

Phillip Hunter and Katrina Jensen-Hunter, Ross Faucher, 15 Cochrane Circle $325,000.00

Priscilla and Felix Nieves , Danielle McNally, 7 Hobson Street $268,000.00

Priscilla and Felix Nieves , Malik Aribi, 7 Hobson Street

Regis Pelletier, Ramlah Senkumba, 60 Comet Street $349,000.00

Reinhard Benedikt and Erika Sander, Nicholas and Christina Cote, 141 Hampshire Road $355,000.00

Richard and Lorraine Vivier, Cales and Cassandra Wilfert, 20 Washington Street Unit 10B $210,900.00

Richard and Mary St Onge, Robert and Tyese Kasperek, 70 Chippy Lane $355,000.00

Robert and Cynthia Wolske, Julio and Evelyn Flores, 94 Ashland Ave. $275,000.00

Robert and Jessica Sharpe, Victoria Ortiz, 24 Ponderosa Ave. $265,000.00

Robert and Melissa Greenwood, Vanessa Canales, 27 Maplewood Ave. $283,000.00

Robert Cloutier, Justin Miceli, 179 North Lowell Street Unit 1 $140,000.00

Robert Minasian and Arline Gauthier, Michael Solomon, 3 Harvard Avenue $215,000.00

Roger Jones , Empire Builders Group Inc. , 311 Pelham Street $103,500.00

Rosemary Greenfield, Peter Michael , 40 Timber Lane $335,500.00

Seaport Homes LLC, Sergio Kerr, 229 Hampshire Rd $400,000.00

Six Stillwater Road Nominee Realty Trust , Robin Corsetto , 6 Stillwater Road $298,000.00

Stephen and Christina Montgomery, Christopher and Lori Amico, 10 Reservoir Street $285,000.00

Stephen and Sheila Pilz, Ysabel Urena, 48 Tower Street $165,000.00

Suzanne Mccallum, Rebecca Depriest, 30 Gage Street $340,000.00

Suzanne Mccallum, Gianna Polichetti, 30 Gage Street

Therrien Homestead Irreovcable Trust , Matthew Bergeron , 52 Elm Street $350,000.00

Timothy and Stacy Theberge , Stephen Habib , 19 Butternut Lane $325,000.00

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Property Sales, Foreclosures for June, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

Timothy and Stacy Theberge , Kathleen Ryan , 19 Butternut Lane

Toni Mason , Robbie and Rebecca Sheerin , 22 Erhardt Ter $340,000.00

U S Bank NA TR, Jesus Manuel Trejo, 18-20 Strathmore Road $146,000.00

Valerie G. Gillett, Michael Mcclellan, 3 Foreside Street $360,000.00

Wells Fargo Bank N A TR, Hilaire and Kathaleen Lavoie, 14 Somerset Street $169,589.00

Zuleem Garcia , Juan Jorge, 11-11 1/2 Webb Street $409,900.00

NORTH ANDOVER

Ad King Inc. , Willow Tree Family Holding LLC, 869 Turnpike Street Unit 209/211 $172,000.00

Alfred, Carmen, and Joseph Finocchiaro, DG Holdings LLC, 37 North Main Street $425,000.00

Alyson Roche and Christopher Adams, James Casaburri, 119 High Street $386,000.00

Alyson Roche and Christopher Adams, Faye Gianopoulos, 119 High Street

Andrew Noel and Lise Paradis-Noel , Daniel and Maura Custar, 105 Peach Tree Lane $792,500.00

Anil and Anjali Konjalwar, Joshua and Anne Iovanella, 38 Mablin Ave. $416,000.00

Back Nine Thirty-Three LLC, Alexis Carr, 40 Edgelawn Ave. Unit 3 $164,000.00

Benjamin and Erin Gibson , Michael and Mary Brady , 123 Greene Street $428,000.00

Berry/114 CO INC, Scott and Michele Villemure, 56 Compass Point Unit F2 $431,250.00

Birdget Sullivan, Jeffrey and Julia Clements, 1401 Great Pond Rd Unit 4 $215,000.00

Brian Mitchell , Gail and Samuel Woolford, 25 Cochichewick Drive Unit 19 $600,000.00

Cathleen Wallent, James and Jody Scalisi, 380 Summer Street $710,000.00

Clifford Lund-Rollins, Gina Muldoon , 75 Prescott Street $288,900.00

Cornelius and Megan Fahy, Nicholas and Alison Kehlbeck , 62 Meadowood Road $408,000.00

Correia Family Trust, Keith and Allison Hillis, 584 Osgood Street $635,000.00

Craig and Suzanne Murray , Steven and Jacquelyn Daley, 19 Foss Road $625,000.00

Daniel B Breen Family Trust , Timothy Breen, 10 Lorraine Ave. $280,000.00

Daniel Lief , Sherry Mckillop, 8 Walker Road Unit 11 $145,000.00

Daniel Tiber , Michael and Jessie Watson , 42 Lacy Street $479,900.00

David and Beth Stresser, Matthew annd Margaret Bowser, 343 Salem Street $690,000.00

David and Linda Johnson , Doreen Devine Swadel , 8 Stacy Drive $270,000.00

David Baron , Thomas Schaefer, 14 Annis Street $325,000.00

David Baron , Morgan Mcdonald , 14 Annis Street

David Cannatelli , GM & E Realty LLC, 12 Walker Road Unit 4 $110,000.00

Deborah Addivinola , Jennifer Capone , 46 Mt. Vernon Street Unit R $242,000.00

Dogan and Agnes Gunes, Robert and Joanna Claire Levey, 64 Forest Street $540,000.00

Donald Downes and Donna Stout, Janet Lees, 371 Stevens Street $450,000.00

E & S One LLC, Christopher and Patricia Maher, 565 Chickering Street Unit 1 $155,000.00

Frederick and Linda Doherty , Daniel and Caroline Marie Armet, 62 Wintergreen Drive $540,000.00

Gillian Kingston , Charles and Candyce Wainwright , 1102 Acorn Drive unit 1102 $395,000.00

Gina Botta, Lynne Allen , 1 Harvest Drive Unit 305A $290,000.00

Gina Muldoon, Lorraine F. Jackson, 1401 Great Pond Road Unit 15 $231,250.00

Girl Scouts of Eastern Massachusetts Inc. , Grieco Realty LLC, 1740 Turnpike Street $685,000.00

Gregory Levis , Jin Cheng and Mei Chen Lin , 63-65 Waverly Road $400,000.00

Irene L Catalano Living Trust, Priteshkumar and Diptiben Priteshkuma Gajjar, 37 Bucklin Road $475,000.00

James and Betty Laverne Clayton, Alexander Balford and Michaela Malone-Balford, 325 Appleton Street $700,000.00

Janice and Richard Adams , Michael and Shannon Fontaine, 32 Cricket Lane $562,000.00

Jennifer and Duane Beaulier, Stephen and Phyllis Zampitella, 1 Harvest Drive Unit 206A $275,000.00

John and Caroline Webber, Kristina and Olegs Mise , 94 Compass Point Unit B1 $425,000.00

John and Kathleen Lyons , Ibrahim Olawole , 4 Lincoln Street $323,000.00

John and Rita Oneill, Paul and Paula Fabiano, 165 Forest Street $535,000.00

Jonathan Bugli, Robert and Marc Davidson, 2 Harvest Dr Unit 101 $260,000.00

Judie Hart, Stephen and Roberta Shipp, 31 Brewster Street Unit 1 $105,000.00

Julia Gubarchuk, Hongjun Wang, 611 Alder Way Unit 611 $351,000.00

Julia Gubarchuk, Kai Cheng, 611 Alder Way Unit 611

Kaeren Lu , Mary Prince , 903 Alder Way Unit 903 $400,000.00

Kathleen Fareri and Edwin Pease , Daniel Tiber , 162 Hay Meadown Road $600,000.00

Lawrence and Barbara Ragone , Brian and Rebekka Mark , 39 Paddock Lane $680,000.00

Leonid Kuperman , Handel and Marcie Barnes, 4 Harvest Drive Unit 309 $320,000.00

Lisa Lamountain , Maria Furnari , 27 Second Street Unit 27 $270,000.00

Lucille Webb, Michael Nichols , 14 Walker Road Unit 6 $142,000.00

Lynn Geissler, Helen F Colford Trust and John W Radiszewski Irrevocable Trust , 168 Kingston Street Unit 168 $250,000.00

Lynne Allen, Robert and Kerry Zieba, 121 Herrick Road $397,500.00

Mark and Lisa Damian , Nicholas and Alison Chamallas , 30 Oxbow Circle $690,000.00

Mary and David Morton , Bogdan Andreykiv, 2-6 Union Street $412,500.00

Mary Lou Bekel, Daniel Gritti , 3 Harvest Drive Unit 205 $250,000.00

Messina Development Co Inc. , Kerry A Hanssen Trust , 53 Wellington Way $300,000.00

Michael Peterson, Marta Moura, 19 Dewey St $343,000.00

Monique and Jean Paul Proulx and John Oakley, 1812 Auto Clinic LLC, 1812 Turnpike Street $560,000.00

Murphy Family Educational Trust, Gill Family LLC, 2302 Turnpike Street $675,000.00

Nancy Schiaparelli, John and Patricia Slattery, 93 Sugarcane Ln $760,000.00

Nathan and Gerilyn Smith , Deborah Corcoran , 192 Lacy Street $485,000.00

Nathan and Gerilyn Smith , Thomas Wood, 192 Lacy Street

Osgood Properties LLC, Sardinah Osgood Realty LLC , 997 Osgood Street Unit 6, 999 Osgood Street Units C, D, E, A $1,600,000.00

Pad73 Nominee Realty Trust, Matthew Nestor , 73 Farnum Street $391,000.00

Pad73 Nominee Realty Trust , Amanda Small , 73 Farnum Street

Pamela Berry, Stacey Dwinal , 70 Farrwood Ave. Unit 8 $127,000.00

Paul and Laura Fabiano, Shane and Caroline Skowyra, 89 Marian Drive $475,000.00

Peter and Jamie Fintonis , Christina Poor , 125 Water Street $297,200.00

Peter B Calkins Marital Trust Agreement and Susan A Casey Revocable Trust Agreement , Edwin and Kathleen Pease , 79 Johnson Street $1,137,500.00

Richard Andrew and Doreen Devine Swadel , Rodrigo Ballon , 81 Paddock Lane $575,000.00

Richard Andrew and Doreen Devine Swadel , Vannesa Camacho, 81 Paddock Lane

Robert and J Claire Levey, Jeri Walker, 83 Millpond $375,000.00

Robert and Therese Gruber , Thomas and Patrcia Teichman, 145 Bradford Street $555,000.00

RTC Realty Trust , Lineta Fanaras Trust, 70 Farrwood Ave. Unit 7 $157,500.00

Sandra Hafiz Inc. , Katherine and Donald Mallett, 100 Ogunquit Road $857,000.00

Seven Hills Community Services Inc, 1270 Turnpike LLC, Turnpike St $550,000.00

Spelios Rally , Scott and Tara Diamond , 35 Belmont Street $300,000.00

Stephen and Kelly Sadowski , Jennifer and Jared Goldman , 28 Jerad Place $775,000.00

Steven and Debra Mason , Eric and Wendy Macaux, 300 Granville Lane $565,000.00

Sun Cha Yun , Mounir and Antoinette Jermany , 186 Webster Woods $680,000.00

Susan Caffery, Lisa and Daniel Rasanen, 50 Woodlea Road $570,000.00

Susan Feeney, Andrew Craig, 31 Millpond $330,000.00

Susan Feeney, Patricia Donnelly, 31 Millpond

Sylvia Sasso, Jeffrey and Cynthia Lefave , 141 Stonecleave Road $570,000.00

Unit 78EL-9 Nominee Trust, Ashley Oneil , 78-80 Edgelawn Ave. Unit 78EL-9 $162,500.00

Victor and Diane Capozzi 1999 Revocable Trust , Maria Noble , 35 Shannon Lane $679,000.00

Yakov and Yelena Yakirevich, William and Jill Crabtree, 30 Village Green Drive Unit 81K $209,900.00

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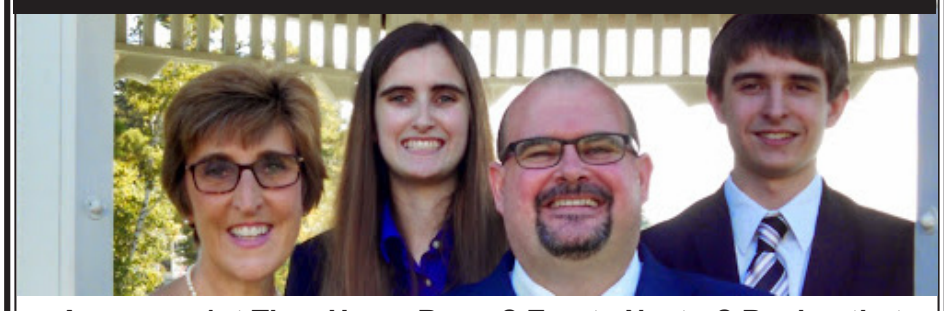

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